BBC goodfood Middle East
June/July 2022
DHS15
www.bbcgoodfoodme.com

SUMMER MENU

+ Olive, cherry tomato & feta focaccia
+ Slow-roasted salmon with potato salad & dill and mustard mayonnaise
+ Oaty coconut cheesecake tart

CLEVER WAYS TO REDUCE YOUR FOOD BILL



BUCKET LIST TRIP

Explore this adventurous resort in the Maldives

Something sweet...

Brown sugar pavlova with fruit • Strawberry & elderflower semifreddo • Ring doughnuts

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THE BEACH

Pavilion at THE BEACH

ENJOY YOUR LUNCH WITH *a punch*

NOW OPEN! Discover elegant dining with luxurious seaside views. **Pavilion at The Beach** is a licensed precinct that comprises of 6 exceptional concept restaurants offering wine lists and panoramic vistas of the Arabian Sea. The day to night venue with outdoor terraces and air-conditioned interiors is ideal for special celebrations or casual meet ups at any time of the year.

Pavilion Restaurants

AKIBA DORI

Inspired by the anime culture of Akihabara, this trendy alleyway-styled restobar is a licensed indoor food hall, serving Japanese street food and Tokyo Neapolitan Pizzas.

EATALY AT THE BEACH

Discover the world of Eataly at The Beach: Experience the true taste of Italy at this artisanal marketplace offering hundreds of authentic products and hand-picked gourmet dining options.

BUUR BRUNCH & DINNER

This family-friendly Middle Eastern and Continental food concept restaurant is known for their unique breakfast creations. This is Buur's first branch in Dubai.

HURRICANE'S GRILL & BAR

Hurricane's Grill & Bar is a family-friendly steakhouse known for high quality steaks and ribs and value for money, with a menu offering something for everyone!

CLAW BBQ DiveBar • Crabshack

Opening soon

American diner inspired restaurant, CLAW BBQ is the perfect place to enjoy amazing cocktails, delicious grills and seafood.

LA MEZCALERIA

La Mezcaleria is a vibrant, modern kitchen and lounge with a serious sense of fun. Experience dinner to late-night drinks at this tex/mex inspired cuisine.

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Welcome!



In this summer issue, we explore lighter menus, recipes to keep you and your young ones busy over the school break, and cooling desserts for hot, balmy days.

Summer nostalgia hits different and has me craving tea-time sandwiches and picnic foods. If you feel the same, host a picnic at home or the beach, and try Posh picnic recipes (p28) alongside child-friendly foods such as Sundried tomato sausage rolls, Apple flapjack squares and Strawberry lemonade (p59). For wholesome one-pot dishes that are low on time and effort and require minimal cleanup - ideal after a day out and about in the sweltering heat - turn to page 20. You will also find gorgeous desserts, from Lemon curd cheesecakes (p50) to our cover star, Oaty coconut cheesecake tart (p38) – all celebratory puddings to treat dad with this Father's Day. To amp up your nutrient intake and eat fresh, cleaner meals, browse through our meat-free mains on page 70 and 5 healthy ideas with pasta (p77).

With international travel plans put on hold over the last couple of years, this season seems to be the summer of visits back home and soul-feeding bucket list trips. An escape that packs in wellness and adventure, is Kandima Maldives Resort. Turn to page 80 and discover this tropical jaunt for couples and families. While in the country, try an award-winning dining experience or brunch (p12) and look out for idyllic journeys within the GCC.

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



"When in doubt, I turn to Tom Kerridge for a meal to entertain family and friends with. This Slow-roasted salmon with potato salad and dill & mustard mayonnaise serves a large group and requires only 15-minutes of prep," says Sales manager, Liz.



Digital editor, Serena says: "I've tried plenty of quinoa salads, but this particular one with shredded greens and raisins is by far my favourite, for the flavour explosion and varied textures."



"My partner was quite impressed when I surprised her with this Strawberry & elderflower semifreddo – incredibly easy to make and perfect for a hot day," says graphic designer, Froilan.

BBC goodfood Middle East

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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



I absolutely loved the feature on Estonia *(Estonian Adventures)*. It was a well-rounded article, describing the culinary scene along with recommended activities and things I can take home - which I found quite handy. It inspired me to add Estonia to my bucket list and gave me a good picture of what I can look forward to during my visit there.

Anjali Sudarsan



With my line of work, customer service, I get different daily shifts and off days every week. I got two consecutive days off last week and on both days, my wife was unfortunately working. Being at home alone, I browsed *BBC Good Food Middle East* website and found the Easy seafood chowder as my wife is a soup lover. Instead of frozen prawns, I used smoked salmon. My wife was surprised with the creamy seafood chowder I made. Thanks to BBC Good. Food Middle East for these recipes. Till my next off, cooking day!

Bryan Paculan



I always enjoy the food news pages. This month's issue, the most loved feature was *Cooking with kids*. I just loved the Chocolate cornflake cake – an awesome recipe! My daughter and I made this together and now she's also a fan of *BBC Good Food Middle East*.

Nisha Srijith

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH AED1,245

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of hospitality supplies, including crockery, cutlery and serveware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





THE BEST BITES

Levantine street food eatery, Zaroob, has launched the world's first Impossible Shawarma made with Impossible Beef (from plants). Three varieties are available to choose from: the Impossible Shawarma in Arabic bread, saj and shawarma platter, offering the same aroma, flavours and texture of the renowned wrap. The wholesome, plant-friendly alternative is 100 per cent vegan, from the bread to the sauce.



COOK LIKE A CHEF

Hone your culinary skills at folly's latest summer cooking classes, apt for all levels. Culinary enthusiasts can attend the two-hour sessions which comprise tricks of the trade, ending with a three-course lunch with grape pairings, featuring everything you prepared. The Masterclass, taught by folly's award-winning chefs, can accommodate up to eight people. Week 1 (July 5) will teach you how to prep and cook all fish types, with accompaniments and sauce suggestions. Week 2 (July 12) looks at all things poultry, including how to cook the perfect, juicy chicken breast with crispy skin. A classic Steak and chips with Bearnaise sauce is on the cards for Week 3 (July 19), where you will pan-sear ribeye steak, make triple-cooked chips and a fluffy Hollandaise sauce, flavoured with freshly cut tarragon. Finally ending with folly's signature Beef Wellington, where you will uncover the secret recipe behind the classic from Gordon Ramsay's kitchen at Claridge's, first served more than 15 years ago. Guests also go home with a gift bag including a branded apron, spoon, notebook, pen and recipe cards.

Every Tuesday from July 5th at 12:30-3:30pm. AED650 per class. Contact +9714 430 8535.

Photographs SUPPLIED



BARISTA-FRIENDLY BREWS

You can now enjoy café-style lattes and cappuccinos at home, with the launch of the new Plant-based Barista range from Koita Foods. The new, improved formulas designed by experienced Italian baristas are just what you need for a well-rounded coffee. Enhance your experience with steam-treated milks that are vegan, organic and non-GMO, available in Oat, Almond, Coconut and Almond Coconut and Non-GMO Soy flavours. The milks are formulated for long-lasting, smooth foam, so you have the perfect froth atop your beverage. Koita is also sustainable, with recyclable Tetra Pak packaging and shipments that arrive by sea, to ensure a lower carbon footprint.

Available at Carrefour, Spinneys, Waitrose, Choithrams, All Day, Talabat, Noon, Kibsons, Amazon and Instashop.

NEW OPENING



Renowned luxury date boutique, Bateel, has opened its doors at Dubai Hills Mall. Designed to exude the warmth of Arabian hospitality, it features exquisite interior architecture and the entire range of Bateel gourmet products including organic dates, single-origin chocolates, date-inspired creations and an extensive selection of fine treats in wooden boxes, ballotins, silver trays, luxury hampers and classic carton packaging. Make a stop here before Eid al-Adha for all your gifting needs. *bateel.com*

A TREAT FOR DAD

Gift ideas for Father's Day



The Noir Collection featuring Gahwa Sky chocolates is ideal for coffee enthusiasts. This charcoal white chocolate is infused with Gahwa ganache, then delicately brushed with 24K gold and white chocolate to mimic clouds and stars in the night sky.

AED 390 for 12 pieces, available at Made by Two.



A hamper filled with snacks, from premium nuts to dried seasonal fruit, granola and honey, is apt for dads who love snacking. Each hamper is designed with intricate detailing, crafted using material sourced from the French speciality fabric house, Malhia Kent.

Available from AED825 at carpo.



EXPERIENCE 12 CHAIRS CAVIAR BAR IN DUBAI

A lavish, sophisticated experience awaits guests at this newly opened premium bubbly and caviar bar at SLS Dubai



Following on from its success in Doha, 12 Chairs Caviar Bar has opened its doors at the iconic SLS Dubai. The unique caviar and bubbly experience will elevate the dining scene in the city, taking prime position as a leading destination for residents to enjoy the finest offerings.

Enticing the senses with exquisite flavours, textures and effervescence, 12 Chairs' elegant perch is exclusive to just 12 guests, serving up a dreamy combination of plates and attentive service. Opulent with stunning views over the rooftops of Dubai, the intimate setting features a striking marble bar that sets the tone for the interiors, complemented by gold and pink accents, creating a stylish, refined space apt for a memorable evening.

From the menu, guests can indulge in the finest fresh caviar teeming with a clean nutty flavour and a creamy finish. Bites, cones and caviar are among the outstanding caviar delicacies to savour. Menu highlights include the Baerii, boasting a soft, velvety mouthfeel with sweet, nutty and savoury notes; the Oscietra - golden brown pearls with almond and floral notes; and Kaluga Reserve, presenting umami, selected by the caviar master.

In addition to other exquisite treats, the Omakase menu stands out with offerings such as the Strawberry cornetto, with tuna, citrus and avocado, topped with Siberian caviar. The Foie gras with Classic Barrii, served with macadamia and gold, as well as sorbet with peach perfectly paired with Oscietra caviar is another star dish to feast on, while sipping bespoke concoctions or a glass of the finest fizz.

Every Thursday, from 7-9pm, ladies can raise a glass of the finest fizz at the 12 Chairs Ladies Night. Gather the girls and take a seat at the marble bar, ready to sip on fizz and relish a flight of four caviar cones.

Since opening in mid-2021, SLS Dubai has become one of the city's most iconic hotels, and the opening of 12 Chairs Caviar Bar is set to add to the hotel's luxurious and elevated character, offering a decadent culinary journey.

SLS Dubai, Level 71. Tuesday-Sunday, 7pm-midnight with the Last Sitting at 10.30pm (two-hour bookings). The Ladies Night takes place every Thursday for AED145 per person. Email slsdining.dubai@slshotels.com or call +9714 607 0737.

Flavours of the month

What's hot and happening around town this month

ROBERTO'S DUBAI

The newly unveiled Signature Brunch that takes place exclusively at Piemonte (Roberto's chic dining room) is an elevated Italian experience that impresses on all levels. Created to offer brunch-goers a one-of-a-kind experience, the sharing-style affair begins with Roberto's most palate-enlightening dishes such as the Slow cooked octopus, followed by Calamarata pasta with Canadian lobster, asparagus, and cherry tomatoes. Moving on to the Secondi, the Roasted Black Angus ribeye is a highlight not to be missed. Additionally, Head Chef Danilo Valla composes a special dish every week, inspired by fresh, refined Crudo Bar selections (oysters, tuna, etc.). The brunch concludes with an array of in-house desserts such as the iconic Pistachio sorbet or the tangy Lemon e lemon. Tunes from DJ Miky and curated espresso and spritz concoctions, alongside fine Italian grape and bubbly, liven up this memorable weekend afternoon.

Every Saturday, 1-4pm. AED395 (soft beverage package), AED595 (house-pouring package), AED745 (bubbly package) and AED925 (premium bubbly package). Contact +9714 386 0066.



WALDORF ASTORIA DIFC

Inspired by the original once located in the Waldorf Astoria New York, Bull & Bear is the hotel's signature restaurant, showcasing a twist on the legendary contemporary grill. A relaxed Saturday morning awaits diners for a carefully curated breakfast experience at this stylish venue. The à la carte menu features hearty specialities such as chicken and waffles, perfectly paired with an orange bubbly concoction.

Every Sunday, from 12pm-3am. Contact +9714 515 9888.

Photographs SUPPLIED

Roberto's Dubai



FIVE JUMEIRAH VILLAGE

Dubai's latest nightlife destination, The Mansion, has opened its doors, offering a sensational after-hours concept boasting chart-topping hip-hop beats, a DJ line up of renowned artists, opulent gold and black interiors, and a grand staircase leading to the VVIP section - all set to be an electrifying platform for music, fashion and culinary experiences. Experience the Caviar Show Spectacular, where 1kg of Sevruga Caviar, one of the world's finest Black Caviar from the Caspian Sea, is brought to your table by commanding bodyguards in a locked suitcase, presented in a grand gold tin - all for a mere AED10,000! Seven signature handcrafted concoctions – most distilled in-house – and a Japanese-inspired sharing style menu is also available as part of the brand's multi-layered experiential offerings.

Contact +9714 455 9989.



AROUND THE BLOCK

This homegrown concept sited at Wasl 51 offers wholesome breakfast nosh, quality coffee, and an in-house artist who customizes shoes, bags and wallets. Around the World has expanded the concept to now include a curated experience, The Kitchen by Around the Block, serving delectable dishes available for all-day dining and delivery. Diners can walk through the wall that transforms into a hidden door, to enter the dining area flooded with natural light, art and botanical elements that can be seen throughout the venue. 23 dishes comprise the new special menu, with each plate considerately created and carefully served to spark a homely feeling. Highlights on the menu feature Wild mushroom truffle toast with premium truffle ricotta cream and poached eggs, Babka French toast with hints of syrupy pineapple, coconut and a thick layer of burnt butter custard, creamy Saffron salmon risotto, and the indulgent Wagyu steak donburi, amongst other offerings.

Contact +9714 342 8000.



JUN'S

Award-winning chef Kelvin Cheung unveiled a progressive new Asian restaurant concept in Downtown Dubai. Enter into a sleek, contemporary venue with an edge, where guests can connect over astonishing blends of familiar flavours, presented in a progressive format. The menu comprises Lamb neck with Sichuan chilli and mantou, Gluten-free tempura za'atar and sweet potato chaat, and Jjampong khichdi with butter garlic prawn tadka and kimchi, to name a few. Equally distinct are the desserts with a twist, such as the Boba crème brulee – which pays homage to Cheung's very first venture, a bubble tea shop in Chicago – and Matcha sponge with pistachio mousse and miso crumble. Jun's bar offering has been curated by the award-winning mixology team behind Tesouro - the bar currently ranked as the #4 best bar in Asia by World's 50 Best.

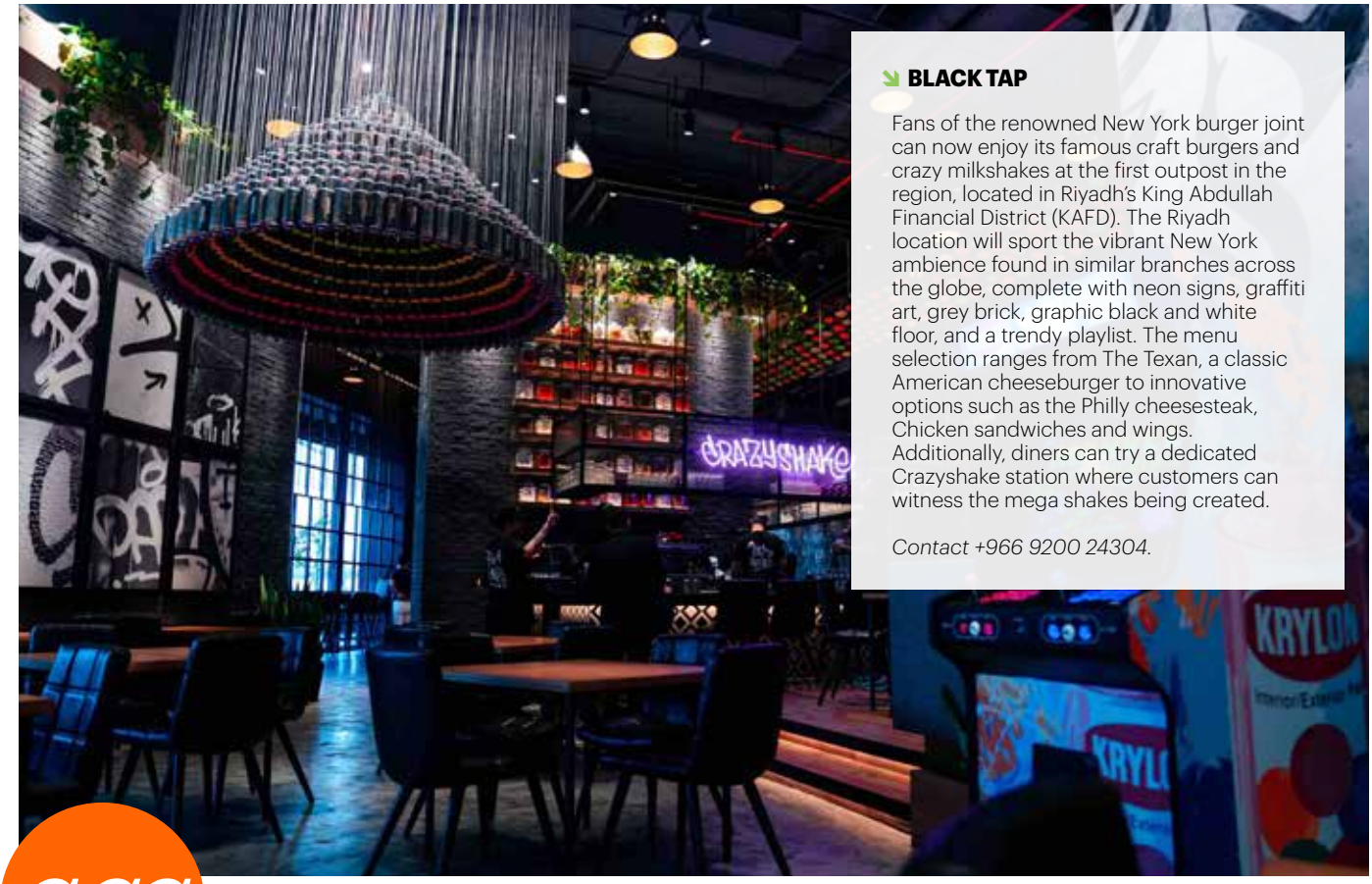
Contact +9714 457 6035.



HILTON ABU DHABI YAS ISLAND

It's time to head indoors as the temperature soars. Catch up with friends and loved ones over afternoon tea at the chic Osmo - Lounge and Bar and savour a selection of delicate menu items, prepared using fresh, seasonal ingredients. The savoury menu includes roasted, pulled beef sandwiches, vegetable tagine in Saj basket and avocado brioche, served alongside a raspberry and violet profiterole, mandarin macaroon and a chocolate and peach tart, to name a few. Brace yourself for an Instagrammable experience served tier-style, along with a refreshing welcome drink, a signature summer drink, and tea, iced tea and/or coffee.

Daily, from 2-6pm. AED185 per person. Contact +9712 208 6900.

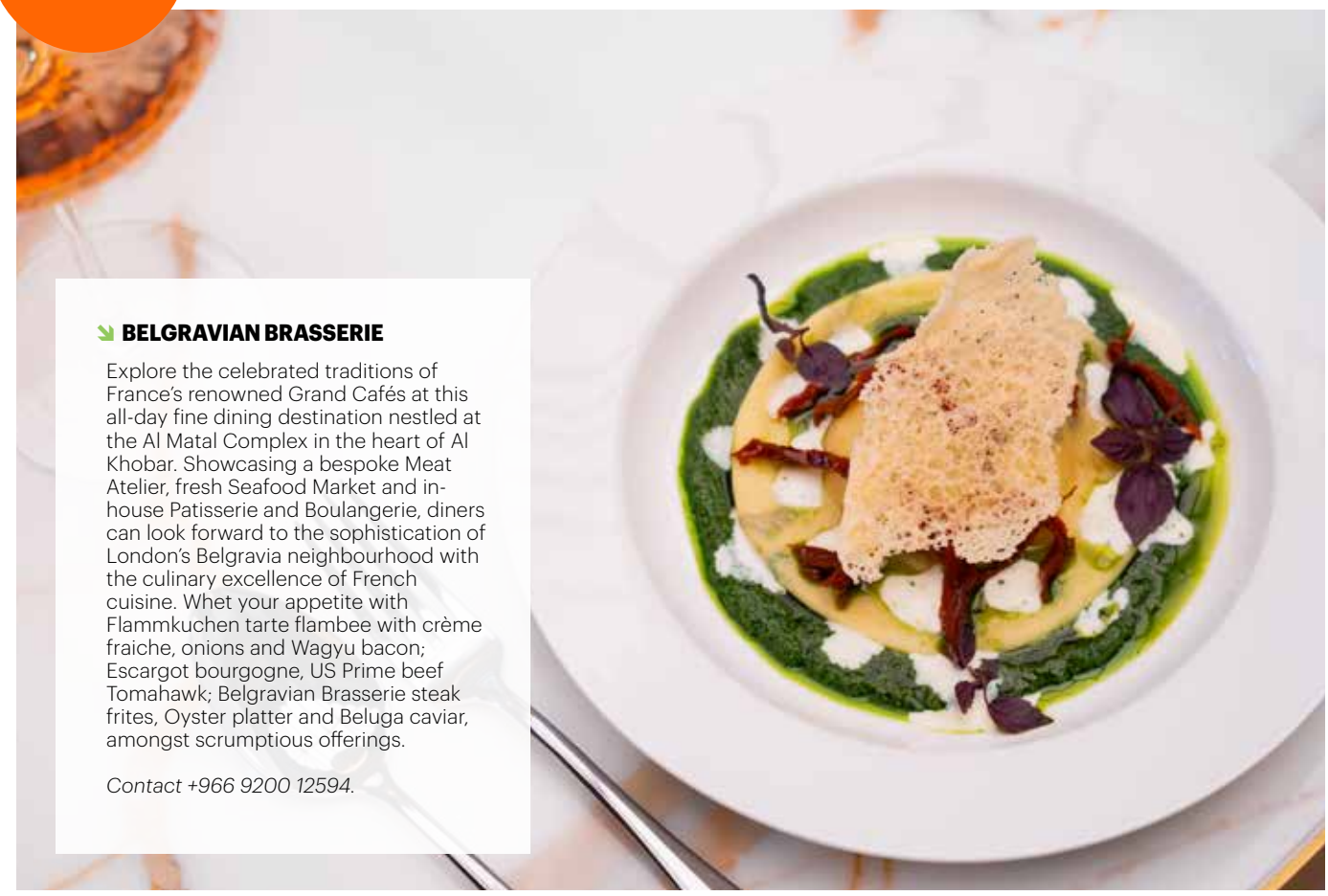


BLACK TAP

Fans of the renowned New York burger joint can now enjoy its famous craft burgers and crazy milkshakes at the first outpost in the region, located in Riyadh's King Abdullah Financial District (KAFD). The Riyadh location will sport the vibrant New York ambience found in similar branches across the globe, complete with neon signs, graffiti art, grey brick, graphic black and white floor, and a trendy playlist. The menu selection ranges from The Texan, a classic American cheeseburger to innovative options such as the Philly cheesesteak, Chicken sandwiches and wings. Additionally, diners can try a dedicated Crazyshake station where customers can witness the mega shakes being created.

Contact +966 9200 24304.

GCC



BELGRAVIAN BRASSERIE

Explore the celebrated traditions of France's renowned Grand Cafés at this all-day fine dining destination nestled at the Al Matal Complex in the heart of Al Khobar. Showcasing a bespoke Meat Atelier, fresh Seafood Market and in-house Patisserie and Boulangerie, diners can look forward to the sophistication of London's Belgravia neighbourhood with the culinary excellence of French cuisine. Whet your appetite with Flammkuchen tarte flambee with crème fraiche, onions and Wagyu bacon; Escargot bourgogne, US Prime beef Tomahawk; Belgravian Brasserie steak frites, Oyster platter and Beluga caviar, amongst scrumptious offerings.

Contact +966 9200 12594.

Tried & tasted

Our top dining experiences this month





TRÉSIND STUDIO

Starring a breathtakingly transitional degustation menu by Chef Himanshu Saini, a culinary mastermind who is considered one of the youngest tastemakers in Indian cuisine today, diners are welcomed and ushered to their intimate tables in an intimate, dimly-lit setting with a seating capacity of just 20 people.

It is then that the spectacular epicurean show begins. A grand open kitchen takes centre stage, where you can watch Chef Himanshu Saini and his team working meticulously, and soundlessly, to present culinary art that enlivens your palate.

The restaurant's distinctive style marries global ingredients with modern cooking techniques and traditional Indian elements, with the notion of changing the perception of Indian cuisine and elevating how we experience it today. A mission they achieve. Take your appetite with you as well, for each tasting portion is generous and perfectly portioned.





After a quick walk around, where we were shown a 5,000 sq ft. urban outdoor garden that was developed with a local organic farm, an al fresco space and a lounge area, we took our seats up front and centre, ready for the journey ahead.

Menu highlights:

Each dish or beverage that makes its way to your table, is accompanied by a short, impactful description of its elements. Our personalised 17-course tasting menu was to be accompanied by a beverage pairings option; and thus, we looked forward to this educative bit every single time.

First up, was the Killer pandan, a femme fatale of a creative concoction teeming with infused roasted pickled peanut and green peppercorn, in homemade pandan syrup and lime juice, shaken with a white molasses brewed beverage. This innovative sip is meant to replace the bowl of peanuts one would snack on before a meal, whilst enjoying good conversation and company.

This perfect gateway was followed by seven small one-bite delights, most of which include synergy pairing sips, most home-brewed. The first course comprising a Wood-apple pani puri, pomelo salad and coriander flowers was complemented by a fine, top-quality bubbly. The pani puri was an explosion of flavours and textures, readying us for the second course featuring a delicate Shiso khakra with raw mango chutney, yogurt crémeux and garden herbs. The third course, served alongside a mango lassi drink, included a Lamb and turnip kebab with a roomali roti tartlet, a garnish of a slightly cooked turnip and a charming marigold flower atop. This lightly spiced dish perfectly encapsulated the taste of South India.

Continuing with accompanying sips of mango lassi, next up was what we could describe as a warm hug, a Missi roti cracker with papadum curry and cultured butter; followed by an absolute favourite, a piece of succulent Duck cafreal with nasturtium leaf dolma and pickled cabbage. Each bite was utterly delectable.

After a short breather, the gastronomic experience ensued with a serving of tangy and sweet notes, to balance the full-bodied red grape. An earthy raw Beetroot kebab with a sweet white chocolate rosette, cherry balsamic and red berry chutney to cut through the sweetness, together with amaranth and orange zest comprised the sixth course; and it was downright a feast for our senses. The seventh course, based on popular Indian street food, was a Blossom chaat, with pumpkin mash and a trio of chutney, adorned with crisp, adorable-looking edible butterflies made with potato. An orange grape teeming with apricot, saffron and cherry went hand-in-hand with the eight-course, which encompassed a crunchy Padrón pepper with an emulsion of fennel flower and leaf, with buttermilk curry ice cream that is crafted to be consumed in one single bite.

Ghee roast crab served in a burnt cinnamon stick, with fine crisps and curry leaf tempura made up the ninth course - a dish to remember. Paired with a sip of tomato butter juice during each bite. This sumptuous dish is served with tweezers

for cutlery, where each flavourful bite is more about the transfer of flavours and spices than the crab meat itself, which is used only as a medium to transport taste to the taster. Another break was needed at this point, so we headed outdoors to explore the picturesque garden home to herbs, flowers and vegetables used in our meal.

Resembling a South Indian meal, the following course encompassed the flavours one enjoys when reaching the end of an Indian-inspired meal when the last bit of crunchy papad is inevitably mixed with the last of the pickle and a sweet treat. Sadhya (a hearty traditional Kerala feast, served on a banana leaf) pink peppercorn payasam with a tomato rasam and papadum was the tenth course. The eleventh course contained Tandoori chicken dumplings in a curry brodo (tomato broth with black lentil water, flavoured with North Indian spices such as black and green cardamom), where the dish showcased the humble tomato elevated by a juice of tandoori drippings and coriander crisp. Kombucha offered a delightful pairing; a fabulous, fermented chilli and prawn curry, with popcorn foam and tomato jam, served over an incredibly juicy lobster tail.

We could go on about the next few courses but wouldn't want to spoil the surprise. Almost at the end but not quite over yet, we took a break before the Grape carpaccio arrived with fermented milk ice cream, teeming with raisins, peach notes and a gold leaf on top with hints of ginger; together with a remarkable Masala chai Ghost concoction that featured masala chai enlivened by an excellent matured Cuban heritage beverage, pineapple juice, lemon, whey and red grape.

Each course featured a grand spectacle, but the finale was an extravaganza in itself. Lights around us dimmed as the dessert titled "Honeymoon" was brought over to our table with a tune from Frank Sinatra playing in the background. Awe-inspiring and luscious, we won't divulge much on Honeymoon. But yet again, it reminds diners of the remarkable culinary mind and creativity of Chef Himanshu Saini and his team. It was the perfect end to a sublime meal.

Book now:

East wing rooftop at Nakheel Mall. Tuesday-Sunday, with two dining schedules at 6pm and 9pm. Contact +97158 895 1272 or visit tresindstudio.com.





CÉ LA VI DUBAI

Table service – check, great tunes – check, brunch with a view – check, photo with Burj Khalifa as the backdrop – check. Brunch on 54 is the sky-high brunch you need to make a beeline for if this sounds like the perfect Saturday afternoon out. Gather friends for a brunch filled with a barrel of laughs and exquisite contemporary-Asian creations.

Menu highlights:

The vivacious ambience sets the mood as you sip on crafted concoctions (the Espresso blend is great), and dance to beats from the DJ and tunes by the saxophonist. Generous portions of appetisers arrive at the table, starting with a choice of Wagyu beef tartare with wasabi kizami and toast, exceptionally tender garlic prawns with Korean chilli pepper, or a bright plate of Burrata salad, beautifully complemented by the candied walnuts and delicate nectarine vinaigrette.

For mains, the roasted Salmon with sweet pea puree is a wholesome option, while meat-lovers can opt for the USDA ribeye steak with the perfect amount of marbling, grilled to perfect at medium temperature and served with a thick Japonaise sauce. We're not huge fans of risotto as a main, however, the 'Japanese rice' risotto with black truffle shavings was a hit. The short-grain rice evolved the classic, while the cream wasn't the typical, heavy kind, making every bite relishable. Vegetarians can also choose from alternatives such as Roasted butternut squash with mint and pomegranate pesto.

An assortment of scrumptious desserts including vegan, gluten-free cake, a moreish sticky toffee pudding, crème brulee, seasonal fruit and mango sorbet provide a great end to your meal before the party begins.

Book now:

The brunch package is available at AED390 inclusive of the set menu and soft beverages, AED490 inclusive of soft and house beverages, and AED690 inclusive of soft and house beverages, as well as premium bubbly. Every Saturday, from 12:30-3:30pm. Contact +9714 582 6111 or visit celavidubai.com.











SUSHI SAMBA

Serving Japanese, Brazilian and Peruvian cuisines under one roof is a novel concept, even for Dubai's diverse culinary landscape. Keen to explore how Sushi Samba pulls it off, we made our way to the 51st floor of the Palm Tower, boasting unrivalled 360-degree panoramic vistas of the Palm Jumeirah coastline, the Arabian Gulf, Ain Dubai and Dubai Marina. Take a seat by the floor-to-ceiling tilted windows and admire the skyline and views of the Palm below.

The venue exudes a lavish forest-like feel with an expansive 3D-oriented woodwork installation on the ceiling, inspired by Japanese and Brazilian weaving traditions. Cultures and cooking approaches meet in a harmonious manner in this inviting setting, complete with a theatre-style open kitchen with a robata grill and sushi bar.

Menu highlights:

Our first order from the innovative menu was the Yellowtail crispy taquitos, a light, crunchy bite with white miso-glazed fish, a hint of lime and fresh coriander. Sushi Samba takes pride in its Seviche offerings and the best way to sample it is with the Samba Seviche platter. Placed on the table in a large bowl with an ice sculpture of the Palm tower as the centrepiece, the spread comprises five ceviche bowls including juicy bites of tuna with aji panca, garlic and sesame; sea bream with a kick from green chilli, aji panca oil and cancha corn; lobster with aji rocoto leche di tigre (one of our favourites), salmon with a delightful twist of passion fruit juice and crisp salmon skin, and sea bass with classic leche de tigre, corn, red onion and sweet potato. Commencing with the tuna, we took our time to relish the flavours each ceviche revealed.





The curated mixology list impresses with aesthetically pleasing sips such as the Amazonian spritz, featuring guarana-infused spirit with an artisanal yerba mate tonic, topped with bubbly, and the Tokyo fashioned with ginger and artisanal shiso bitters. A spicy concoction we thoroughly enjoyed was the Corcovado, a smoky citrus drink with a spiced rim.

We had to try a maki roll seeing as it's one of the specialities. A plate of Bahia arrived soon after, but before we dove in, we were treated to a live demonstration of fresh wasabi grated by the table, and were amazed by the freshness and quality compared to store-bought counterparts. The sizeable roll packed with juicy crab, shrimp tempura and avocado, topped with tuna and spicy aji panca was a mouthful of crisp and tender textures, complemented by spicy creamy sauce.

Freshly prepared over a traditional Japanese charcoal grill and Josper oven, the Chilean sea bass Anticuchos were everything we were looking for at lunch hour. The flavour-packed charred fish possessed a wonderful miso glaze with chives and was just the right amount (two skewers) to allow us to squeeze in a highly applauded main, the lobster. Perhaps one of the finest lobster dishes we've eaten this year, the tender chunky meat peeled away from the shell without hassle. Each forkful of smoky lobster was dressed in a medley of tangy, buttery yuzu kosho, lime and chives - we devoured this in minutes.

To give us a taste of the dessert assortment, we were served a platter of exotic fruit, pillow-soft Japanese doughnuts filled with tres leches, and a divine Manjari chocolate fondant with hazelnut ice cream, a comforting treat that we'd like to end every meal at home with.

As for whether Sushi Samba pulls off a menu brimming with culinary influences from East Asia and South America? Judging by the exquisite use of ingredients, simply presented dishes that are big on flavour, and seamless service, we can firmly declare, it does.

Book now:

Visit sushisamba.com for more information.





CIPRIANI DOLCI

Mall of the Emirates isn't short of dining options and with the addition of the Italian Pasticceria concept, Cipriani Dolci, the list is only getting longer. Long-time followers of Cipriani - ever since the brand set foot in the region - we were intrigued by the offerings as a respite from shopping.

Sited in the Fashion Dome of Mall of the Emirates, the sprawling space offers a chic, laid-back dining experience featuring nautical colours, rich woods and décor reminiscent of the original Harry's Bar in Venice. A distinct element your eyes will land on is the vetrina; a refrigerated glass cabinet displaying artisanal Italian pastry from the signature Bomboloni to the renowned, global Cipriani favourite Vanilla meringue cake.

Menu highlights:

Embracing Cipriani family's authentic recipes, the menu features the Carpaccio Alla Cipriani, slivers of melt-in-your-mouth meat that we polished off in seconds with fresh bread from the basket. A refreshing summer salad that works just as good as a main as it does a side, is Downtown, made up of avocado, tomatoes, black olives, green beans and prawns. The Black truffle pizza with burrata and rucola is held together on an airy crust - apt for sharing, if you do want to try other classics from the menu.

Quench your thirst with Virgin mule, starring fresh lime juice and non-alcoholic ginger beer, or berry-infused Giorgio with fresh blackberries, blueberries, lime juice and soda. Moving on to mains, the Baked white tagliolini with veal ham is a must-try. Rich with a scorched crust, the shallow layer beneath reveals a creamy bechamel sauce with pasta and slices of ham. The Homemade spinach and ricotta ravioli is another highlight, exquisitely robed in sage and butter. Each bite was soft and delectable, transporting us to a trattoria set along the cobbled streets of Venice. The Veal Piccatina is another all-time favourite, with thin cutlets immersed in a sauce that provides ample depth. The rice pilaf is a simple side, especially great with the umami-rich sauce.

We looked forward to our dolci selection before the meal even began. Having tasted the classic Vanilla meringue cake in the past, we knew we were in for a treat. It's worth mentioning that while Cipriani Dolci is a great spot for a meal, it's just as good for coffee and pastry. Double espresso in hand, we sank our forks into the fluffy meringue all the way down through multiple layers of the soft sponge cake. Every bite left us wanting more, but we made sure to leave room for the Mocha meringue cake that's faintly richer with layers of coffee cream sandwiched between the sponge.

Sharing-style plates at Cipriani Dolci leave you feeling just the right kind of full after your meal. It's a good thing this restaurant is sited in the mall, so you can walk off the calories and continue your shopping spree.

Book now:

Visit ciprianidubai.com for information.







WEEKEND PROJECT

Perfect pasta

Unwind at home while making fresh pasta – this ravioli is stuffed with creamy ricotta and spinach, and tossed in sage butter

Spinach & ricotta ravioli

SERVES 4 **PREP** 1 hr plus 30 mins resting **COOK** 25 mins
MORE EFFORT V

300g '00' flour, plus extra for dusting
2 eggs, plus 2 egg yolks (freeze the whites for another recipe)

For the spinach & ricotta filling

1 tbsp olive oil
2 garlic cloves, crushed
200g baby spinach
½ lemon, zested
nutmeg, for grating
250g ricotta

To serve

50g butter
handful of sage leaves
grated parmesan or vegetarian alternative
squeeze of lemon juice



1 Tip the flour into a bowl and make a well in the middle. Add the eggs and egg yolks, then mix with a fork, bringing more of the flour in from the sides as you mix. Once the mixture comes together into a ball, tip out onto a surface and knead for 10-15 mins until firm and smooth. Wrap and leave to rest for 30 mins.
2 Meanwhile, make the filling. Heat the oil in a frying pan over a medium heat and fry the garlic for 30 seconds. Add the spinach along with a few tablespoons of water, and cook until wilted and the water has evaporated. Stir in the lemon zest, grate over some nutmeg and season. Tip into a bowl and set aside to cool.
3 Meanwhile, cut the pasta dough into four. Run one piece through a pasta machine (leaving the remaining pieces covered to prevent them drying out), starting with the widest setting and working down to the thinnest setting. Keep the machine and the pasta well floured to prevent sticking or tearing.
4 Mix the ricotta into the spinach mixture and season well. Do this just before you're ready to fill the pasta, or chill until ready.
5 To make the ravioli, cut a sheet of pasta in half so you have two equal lengths. Lay out on a well-floured work surface, then spoon heaped teaspoons of the filling, spaced 5cm apart, over one of the pasta sheets. Brush the exposed pasta around the filling with water. Lift the second sheet over the top and use the side of your hand to press the sheets together around the filling to seal, ensuring there are no air bubbles.
6 Stamp out the ravioli using a round cutter (position it so the filling is in the centre of the circle), or use a sharp knife to cut out squares. Arrange in a single layer over baking trays dusted with flour, then repeat with the remaining pasta sheets. *Will keep covered and chilled for up to two days.*
7 Bring a large pan of salted water to the boil and gently lower in the ravioli using a slotted spoon. Boil for 2-3 mins until the pasta is cooked through, then remove to a bowl using a slotted spoon. (You may need to cook the ravioli in batches to ensure it's evenly cooked.)
8 To serve, melt the butter in a large frying pan over a medium-high heat and fry the sage until the butter is nutty brown and the sage is crisp. Remove from the heat and toss in the ravioli. Sprinkle with the cheese, squeeze over some lemon juice, then season with black pepper and toss again to coat. Serve in warmed bowls, sprinkled with more cheese.

PER SERVING 564 kcals • fat 27g • saturates 13g • carbs 60g • sugars 2g • fibre 4g • protein 20g • salt 0.5g

COFFEE + STEAK

YES, IT WORKS!

Ground coffee could be the secret ingredient you've been looking for to elevate rubs and marinades. Used in moderation, it adds a smoky, slightly bitter depth of flavour that pairs well with beef. Try adding 1-2 tsp ground espresso to a dry rub.



COFFEE

+



STEAK



Learn how to make more classic bakes at *bbcgoodfoodme.com*

STEPS TO SUCCESS

SHORTBREAD

● **Keep it simple**
Classic shortbread requires just three ingredients: flour, butter and caster sugar. There are many flavours you can add, but the simple version is just as good.

● **Bake it low**
Shortbread should just be lightly golden, so bake it at a lower temperature – 170C/150C fan/gas 3 is about right. This will ensure the biscuits don't turn deep golden.

● **Combine well**
Whether you choose to rub the ingredients together using your fingers or beat the butter and sugar together, you need to ensure that everything is mixed together well so you achieve an even bake and the short texture that gives the biscuits their name.

● **Butter beats margarine**
Shortbread's traditional texture is more easily achieved with butter than margarine, and butter also imparts a richer flavour. That said, it is possible to make vegan options with vegan spreads – they'll just have a slightly different texture.

● **Chill your dough**
If you have time, chill the dough after making it, then again after shaping or pressing it into the tin. This will help give it the best possible texture.

● **Fork it**
Prick the top of your shortbread with a fork before baking. This helps the heat penetrate the biscuits more efficiently, which will result in crisp shortbread. This also creates the distinctive pattern on top.

KITCHEN HACK

Browning mince

To brown mince, most recipes suggest frying in small batches in a frying pan. But, there's an easier, more efficient way: heat a drizzle of oil in a large saucepan and cook the mince for 20-30 mins over a medium-high heat. It will release liquid that will eventually evaporate, then it will sizzle in its own fat and turn brown.



Cream of Europe

Rise to the top
with French Cream

CREAM *of the crop*

Use French dairy cream in all type of preparation to add some texture and enhance the flavours.

TYPES OF CREAM

Raw cream

This is made from unpasteurised milk. Once separated, this cream is packed immediately and stored at 6°C.



Crème fraîche

Rich and delicious, this is made from raw cream that is pasteurised and cooled before lactic acid bacteria is added to it. It is left to mature for a few hours which gives it a thick texture and unique flavour.



Pasteurised fresh cream

This cream is pasteurised after it was skimmed. Raw cream is heated to at least 100°C for 15 seconds to eliminate pathogens.



Sterilised cream

Sterilising cream (exposing it to intense heat for a few seconds, followed by a homogenization process) gives it a long shelf-life (4 months or more) whilst preserving the flavour and nutritional qualities of the product.



Cream is made up of:

43-53% water

30-40% fat

6% non-fat solids

DID YOU *know?*

Dairy cream is made from milk. Cream is separated from heated milk using a centrifugal separator, which spins the milk very quickly, so that the two components separate. It is the difference in density between the fat (0.9 g/L) and the water (1 g/L) that causes a divide.

The less cream is processed, the more it retains its original flavour.

Check the fat percentage of your cream. The higher it is, the more versatile and flavoursome it will be. Choose cream with 35% fat – it captures aromas in dishes and tastes wonderful on its own, too.

The colour of cream varies depending on the seasons and the cow's diet.

In France, during the summer, cows graze and are fed in the fields.

Carotene molecules, which are found in grass, pass into the milk and give the cream a slightly yellow colour. In winter, when the cows are not fed fresh grass, the milk is whiter.

Feeding the cows dried hay also gives the cream more of a yellow colour than feeding them corn silage.

CHEF'S TIP: Use snow-white cream for pastries. This will preserve the colour of any added products like chocolate, fruit, caramel etc.

CREAMofFrance

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easy

Delicious, simple, and easy-to-make recipes



midweek meals

■ one-pots to wow, page 20



veg box star

■ rocket, page 26



posh picnic

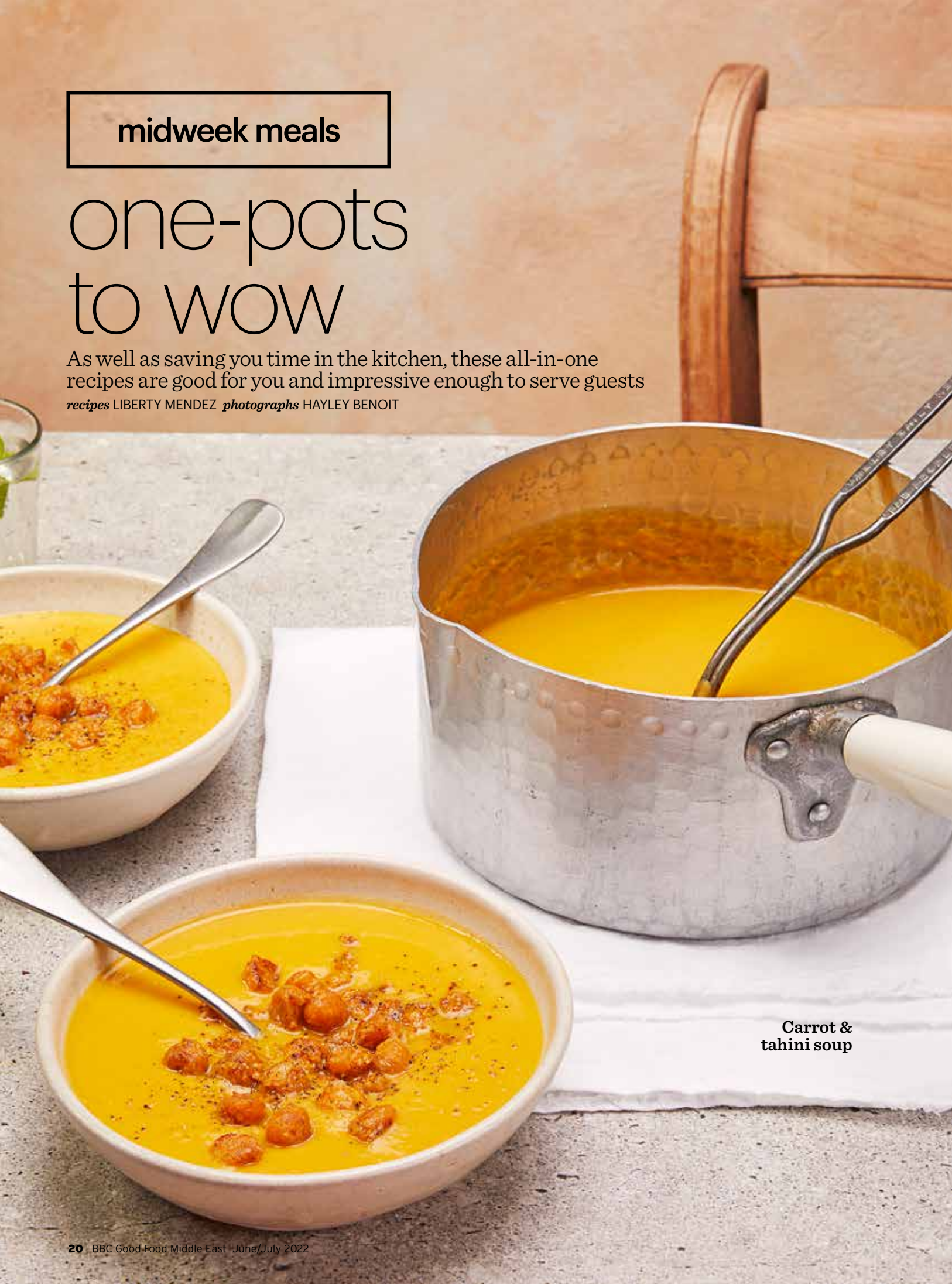
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midweek meals

one-pots to wow

As well as saving you time in the kitchen, these all-in-one recipes are good for you and impressive enough to serve guests

recipes LIBERTY MENDEZ ***photographs*** HAYLEY BENOIT



Carrot & tahini soup



Sriracha & lime prawn linguine

your shopping list

VEGETABLES & CITRUS
3 onions
2 red onions
8 garlic cloves
4 celery sticks
6 mixed peppers
400g carrots
300g long-stemmed broccoli
1 lemon
2 limes
200g baby corn
200g cherry tomatoes
½ small bunch of mint

STORECUPBOARD
7 tbsp rapeseed oil
1 tbsp chilli oil
400g can chickpeas
3 low-salt vegetable stock cubes
2 tbsp tahini
360g wholemeal linguine
3 tbsp sriracha
2 tbsp low-salt dark soy sauce
300g cooked brown basmati rice
300g pearl barley
2 x 400g cans chopped tomatoes
2 tbsp rose harissa
400g mixed grain pouch
1 tbsp honey
50g pine nuts
1 tbsp cornflour
½ tsp chilli flakes
1 tsp Sichuan peppercorns
2 tsp paprika

DAIRY
130g feta

MEAT & FISH
280g raw king prawns
300g thin-cut steak
65g diced chorizo

FROZEN
200g frozen peas

HEALTHY

Carrot & tahini soup

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY** V

2 tbsp rapeseed oil
400g can chickpeas, drained and rinsed
2 onions, roughly chopped
2 garlic cloves, roughly chopped
4 celery sticks, roughly chopped
400g carrots, roughly chopped
800ml hot low-salt vegetable stock
2 tbsp tahini

1 Heat 1 tbsp oil in a deep saucepan over a medium-high heat and fry half the chickpeas for 5-8 mins until golden and crisp. Tip into a bowl and toss with sea salt, then leave to cool until ready to serve.
2 Add the remaining oil, the onions, garlic, celery, carrots and a pinch of salt to the pan and fry over a medium heat for 8 mins, or until the vegetables have coloured slightly and started to soften.
3 Pour in the stock and add the remaining chickpeas, then bring the mixture to the boil. Cover, reduce the heat to a simmer and cook for 10-12 mins until the carrots are tender. Add the tahini and a large pinch of black pepper, then blitz the soup until smooth using a hand blender. Taste for seasoning, then ladle into bowls and top with the fried chickpeas and some black pepper just before serving.

GOOD TO KNOW healthy • fibre • 3 of 5-a-day
PER SERVING 265 kcals • fat 13g • saturates 1g • carbs 24g • sugars 13g • fibre 11g • protein 8g • salt 0.6g

HEALTHY

Sriracha & lime prawn linguine

SERVES 4 **PREP** 2 mins
COOK 15 mins **EASY**

1 tbsp rapeseed oil
280g raw king prawns
2 garlic cloves, crushed
750ml low-salt vegetable stock
360g wholemeal linguine
300g long-stemmed broccoli, halved lengthways, thicker stems halved
200g frozen peas
3 tbsp sriracha, plus extra to serve (optional)
2 limes, zested and juiced

1 Heat the oil in a saucepan over a medium-high heat and cook the prawns and garlic for 3 mins until the prawns are pink. Remove the prawns to a bowl and set aside.
2 Pour the stock into the pan with some seasoning and bring to the boil. Add the pasta and cook, covered, for 10 mins, stirring occasionally. After 5 mins, add the broccoli.
3 When the pasta and broccoli have almost cooked through, add the peas. Uncover and continue to cook until the peas have defrosted, about 2-3 mins. Stir in the sriracha and lime zest and juice, then toss through the prawns and garlic. Divide between bowls and top with extra sriracha, or just a grinding of black pepper, if you prefer.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 466 kcals • fat 7g • saturates 1g • carbs 66g • sugars 4g • fibre 15g • protein 28g • salt 1.5g

Find more healthy meal inspiration using prawns at *bbcgoodfoodme.com*.



BALANCED

Stuffed peppers bake

SERVES 4 **PREP** 8 mins
COOK 35 mins **EASY** V

400g pouch microwave mixed grains
130g feta, crumbled
½ small bunch of mint, leaves picked and finely chopped
400g can chopped tomatoes
1 lemon, zested and juiced
1 tbsp honey
4 mixed coloured peppers, halved and deseeded (stalk left intact)
50g pine nuts, toasted

1 Heat the oven to 220C/200C fan/gas 7. Mix the grains, feta and mint together in a bowl with 1 tbsp hot water to loosen, then season. Tip the tomatoes, lemon zest and juice and honey into the base of a shallow casserole or ovenproof dish, then season and stir to combine.
2 Arrange the peppers in the dish over the tomato mixture, cut-side up. Spoon the feta and grains mixture into the pepper halves to fill them. Cover with a lid or foil and bake for 30 mins. Uncover and bake for another 5 mins until the peppers are soft and the filling is lightly golden. Sprinkle over the pine nuts to serve.

GOOD TO KNOW balanced • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 438 kcals • fat 20g • saturates 6g • carbs 45g • sugars 16g • fibre 9g • protein 15g • salt 0.9g



BALANCED

Spicy chorizo & harissa barley risotto

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

2 tbsp rapeseed oil
1 onion, finely chopped
4 garlic cloves, crushed
65g diced chorizo
2 tsp paprika
400g can chopped tomatoes
800ml low-salt vegetable stock
300g pearl barley, rinsed
1-2 tbsp rose harissa, to taste
200g cherry tomatoes, any larger ones halved

1 Heat the oil in a large saucepan over a medium heat and fry the onion for 5 mins until softened slightly. Add the garlic, chorizo and paprika and fry for 1 min more until fragrant and the chorizo is starting to crisp. Tip in the canned tomatoes, stock, pearl barley and harissa.
2 Bring the mixture to the boil, cover with a lid, reduce the heat and simmer for 25 mins, stirring occasionally. Tip in the cherry tomatoes and simmer for 10-15 mins more until the pearl barley is tender, with just a little bite. Serve in bowls.

GOOD TO KNOW balanced • vit c • 2 of 5-a-day
PER SERVING 502 kcals • fat 16g • saturates 3g • carbs 74g • sugars 11g • fibre 5g • protein 14g • salt 1.4g

Shoot director CLOE-ROSE MANN | Food stylist KATIE MARSHALL | Stylist VICTORIA ELDRIDGE



HEALTHY

Beef & Sichuan pepper stir-fry

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

2 tbsp rapeseed oil
300g thin-cut steak, sliced into thin strips
1 tbsp cornflour
2 mixed peppers, deseeded and finely sliced
200g baby corn, halved on an angle
2 small red onions, finely sliced
½ tsp chilli flakes
1 tsp Sichuan peppercorns, ground using a pestle and mortar
2 tbsp low-salt dark soy sauce
1 tbsp chilli oil (optional)
300g cooked brown basmati rice

1 Heat 1 tbsp rapeseed oil in a large wok or frying pan over a medium-high heat. Add the steak strips and cornflour, stir to coat the steak in the flour, and fry for 2-3 mins until the steak is golden. Remove to a plate and set aside until needed.
2 Add the remaining oil, the peppers, baby corn and red onions and fry for 3-4 mins until starting to soften. Sprinkle in the chilli flakes, Sichuan pepper, then add the steak back along with its resting juices. Fry for 1 min until fragrant. Splash in the soy sauce and 50ml water and stir until the sauce coats the beef and veg. Drizzle with chilli oil, if you like, and serve with the rice.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 328 kcals • fat 9g • saturates 3g • carbs 37g • sugars 9g • fibre 6g • protein 21g • salt 0.8g

Veg box star ROCKET

Anyone who's grown rocket will know its name is apt – when in season, it's abundant, so this recipe can easily be doubled if you have a glut

recipe SAMUEL GOLDSMITH *photograph* YUKI SUGIURA

Rocket pesto

MAKES 1 small jar (about 325g)
PREP 5 mins **COOK** 3 mins
EASY V

45g walnuts
90g rocket
45g parmesan or vegetarian alternative
1 garlic clove
150ml olive oil, plus 1 tbsp
1 lemon, zested and juiced

1 Toast the walnuts in a dry frying pan over a medium heat for 2-3 mins until lightly golden. Leave to cool for a few minutes, then put in a food processor or pestle and mortar with the rocket, parmesan, garlic, 150ml olive oil and the lemon zest and juice. Season well.

2 Blitz or pound to a rough paste, then transfer to a clean jar and top with the extra 1 tbsp oil. *Will keep in the fridge for up to five days.* Enjoy stirred through pasta, or see *bbcgoodfoodme.com* for plenty of recipes using pesto.

GOOD TO KNOW gluten free
PER SERVING 90 kcals • fat 9g • saturates 2g • carbs 0.1g • sugars 0.1g • fibre 0.2g • protein 1g • salt 0.04g

MORE WAYS WITH ROCKET







Ideas from the food team

Rocket & egg pizzas Lay **2 seeded wraps** on baking sheets, brush with **oil** and warm in the oven. Meanwhile, combine **chopped roasted red pepper, chopped fresh tomatoes, tomato purée, chopped fresh herbs** and seasoning. Turn the wraps and spread over the tomato mixture. Make a well, break in **an egg**, bake until set and scatter with **rocket**.

Mushroom, ricotta & rocket tart Score a border around a sheet of **puff pastry**. Bake for 10-15 mins. Mix a **crushed garlic clove** with some **ricotta** and **nutmeg** and season well. Spread the mixture over the pastry, top with **fried mushrooms** and a **sliced garlic clove**. Bake for a further 5 mins and top with **rocket**.

Tangy rocket & fennel salad Whisk together the **juice of 1 lemon**, **3 tbsp olive oil** and some seasoning. Combine **thinly sliced fennel, rocket** and **sliced red onion**, and toss in the dressing.

For all these recipes and more go to *bbcgoodfoodme.com*

...and from our UK readers

'I sometimes put rocket in my Asian noodle soups if I have a bit I need to use up, or I'll have it with an omelette.'
Nancy Charoen Ledlie, West Sussex

'Lately, I have been sweating it down with some spring onions and garlic and putting it in a quiche, but I love it with parmesan and balsamic vinegar as a side with steak.'
Andrea Parker, Bournemouth

'Addicted! My current favourite lunch is loads of rocket, cucumber and pickles with scrambled egg, topped with crispy onions and sweet chilli sauce.'
Cat Leckerman, Glasgow

Shoot director FREDDIE STEWART
Food stylist LOTTIE COVELL
Stylist LUIS PERAL



What would you take to a POSH PICNIC?

Each month, a member of the food team and one of our readers swap recipes for a special event

photographs CLARE WINFIELD



GF COOKERY TEAM'S BARNEY

Olive, cherry tomato & feta focaccia

I spend a lot of time in west Wales, where there are some breathtaking spots to picnic, but they all involve much more of a hike than carrying a basket or cool box will allow. My solution is this recipe – it's homemade and far more special than a bag of crisps with a sandwich, but still transportable enough to be wrapped tightly and slipped into a rucksack. Packed with all the main ingredients from a Greek salad, it's a meal in itself, but you can dress it up on location with some sliced ham, charcuterie or a pot of your favourite dip.

Barney Desmazery, skills & shows editor

GF READER KRATI

Masala potato puffs & jal jeera (spiced lemonade)



These recipes are a taste of the flavours of my childhood. Born and raised in India, we'd pick up puffs like these from our local bakery for family outings. I love how effortless they are, but they still pack in so much flavour. They can be totally made ahead and they're easy to pack, making them perfect for a picnic. No al fresco eating occasion would be complete without jal jeera, either – a popular non-alcoholic summer drink in India. It's refreshing and simple to put together. The sweet and tangy flavours pair extremely well with pretty much anything and everything.

Krati Agarwal, Netherlands

Olive, cherry tomato & feta focaccia

You can make this without the olives, tomatoes and feta for a very reliable plain focaccia – great for making a big muffuletta-style sandwich to take to a picnic.

SERVES 8 **PREP** 30 mins plus 1 hr 35 mins proving **COOK** 30 mins **EASY** V

500g strong bread flour, plus extra for dusting
7g sachet fast-action dried yeast
5 tbsp olive oil, plus extra for the tin
200g cherry tomatoes, halved (a mixture of colours looks nice)
small bunch of oregano, leaves picked, or use 1 tsp dried oregano
150g kalamata olives, pitted
100g feta, crumbled

1 Tip the flour into a large bowl with the yeast and 2 tsp salt, and mix together. Add 2 tbsp of the olive oil, then slowly pour in 350ml lukewarm water, continuing to mix until you have a slightly sticky dough. Tip the dough out onto a lightly floured work surface, scraping around the sides of the bowl. Knead for 5-10 mins until the dough is soft and less sticky, then put in a clean bowl, cover with a tea towel and leave to prove for 1 hr until doubled in size.
2 Generously oil a shallow rectangular baking tin (ours was 20 x 30cm). Tip in the dough, then use your hands to stretch it out until it reaches the corners of the tin. Cover with a clean tea towel and leave to prove for a further 35-45 mins. Meanwhile, tip the tomatoes into a bowl, season, add the oregano and drizzle with 1 tbsp olive oil. Toss together and set aside.
3 Heat the oven to 220C/200C fan/gas 7. Press the tomato halves evenly into the into the dough, then do the same with the olives. Crumble over the feta, then lightly press everything down again using your fingertips. Drizzle with 1 tbsp olive oil and scatter with sea salt, then bake for 25-30 mins until deep golden and puffed up. While the bread is still hot, drizzle over the remaining 1 tbsp olive oil. Leave to cool completely in the tin, then slice. You can wrap it in the tin to take on a picnic, or wrap individual squares. *Will keep wrapped, or in an airtight container, for up to two days.*

PER SERVING 366 kcals • fat 14g • saturates 4g • carbs 49g • sugars 2g • fibre 3g • protein 11g • salt 2.2g

ABOUT BARNEY
Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia, and has led our popular online workshops in making bread. *barney_desmazery*

Masala potato puffs

Try adding peas or small cubes of fried paneer or halloumi to the potato filling.

MAKES 12 **PREP** 30 mins plus cooling **COOK** 45 mins **EASY** V

2 x 320g sheets puff pastry, each cut into 6 squares
1 egg, beaten
sesame seeds, for sprinkling
For the filling
1kg baking potatoes, peeled and cut into large chunks
6 spring onions, thinly sliced
1 green chilli, chopped
small bunch of coriander, finely chopped
½ tsp red chilli powder
1 tsp each ground coriander and garam masala
2 tbsp olive oil

1 First, make the filling. Put the potatoes in a pan of cold salted water, bring to the boil and simmer for 15 mins until tender. Drain, then crush roughly using a fork. Leave to cool, then stir in the rest of the filling ingredients and season well. *Can be made up to three days in advance and kept covered and chilled.*
2 Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Put the pastry squares on the tray and working with them one at a time, spoon three or four teaspoonfuls of the potato filling onto one corner. Brush the exposed edges with some beaten egg, then fold the other corner over the filling to enclose it and make a triangle. Press the edges together and seal by pressing again using a fork. Repeat the process to make 12 potato puffs. Brush with more of the beaten egg and sprinkle with sesame seeds. *Can be assembled a day ahead and kept chilled overnight.* Bake for 20-25 mins until golden and puffed up, then transfer to a wire rack and cool for 10-15 mins before serving, or cool completely to pack for a picnic. *Once cooled, will keep chilled in an airtight container for two days.*

PER SERVING 298 kcals • fat 17g • saturates 7g • carbs 30g • sugars 2g • fibre 3g • protein 5g • salt 0.5g

Jal jeera

If you prefer it sweeter, try adding honey or maple or agave syrup.

SERVES 6 **PREP** 10 mins **COOK** 1 min **EASY** V

2 tbsp cumin seeds
½ tsp black peppercorns
25-30 mint leaves or use 1 tbsp dried mint
2 unwaxed lemons, zested and juiced
15g peeled fresh ginger
1½ tsp ginger syrup from a jar of stem ginger
1 tsp black salt (optional)
500ml soda water, or use cold water
ice cubes, to serve

1 Toast the cumin seeds in a dry pan over a low heat for a few seconds until slightly browned. Coarsely crush using a pestle and mortar or blender. Spoon 1 tsp into a small dish and set aside. Grind the peppercorns together with the remaining toasted cumin seeds, the mint, lemon juice and fresh ginger using the pestle and mortar until you have a pesto-like paste.
2 Scrape the paste into a jug along with the lemon zest and ginger syrup and black salt, if using. Top up with 500ml soda or still water, then taste. Add more water if you like. Serve over ice, garnished with the reserved cumin seeds.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 13 kcals • fat 1g • saturates 0.1g • carbs 0.5g • sugars 0.3g • fibre 0.7g • protein 0.8g • salt 0.8g

ABOUT KRATI
Krati is a food and lifestyle photographer and stylist. Born in India, she has since lived in the UK and Netherlands. She now shares her favourite recipes on her website, alongside interiors projects and adventures in travelling. *kratiagarwal.com*

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reduce waste

use your leftovers

Clever ways to make use of what's left behind

Cheesy soda bread croutons

Heat the oven to 220C/200C fan/gas 7. Rub **1 whole garlic clove** over any leftover stale slices of **cheese, oat & spring onion soda bread**. Tear into small pieces or cut into cubes and toss with **1 tbsp olive oil**. Put on a baking tray and bake for 10 mins until golden and crisp.

New potato & salmon hash

Crush any leftover **parmesan new potatoes** from the one-pan watercress-stuffed salmon and fry in **butter** in a frying pan until crisp. Flake any leftover **salmon** and stir through the potatoes. Warm through and serve with poached eggs.

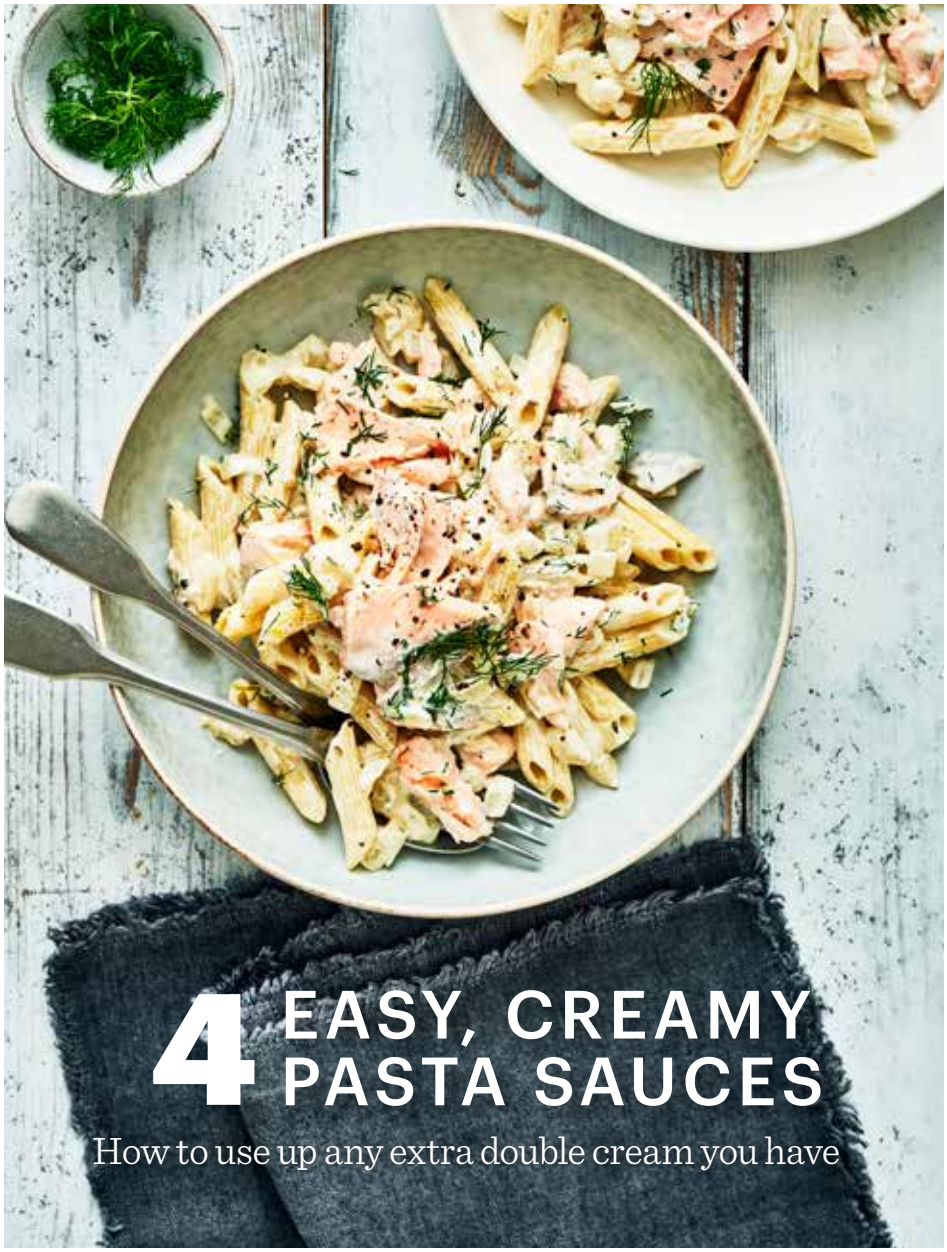
Ham & cheese rarebit

Mix **225g grated cheddar** with **1 tbsp butter**, **2 tsp Worcestershire sauce**, **1 tsp mustard powder** and **2 tsp flour** in a saucepan. Season. Mix in **4 tbsp non-alcoholic beer** or **milk**. Set over a low-medium heat and stir until melted together into a thickish paste. Toast **4 slices of bread**. Top with leftover **ham slices**, then the cheese mix. Brown under a hot grill.

Crunchy crab & samphire pasta

Transform any leftover **samphire & crab salad** into a quick supper by boiling **300g long pasta like spaghetti** or **linguine** until al dente, then drain and toss with the leftover salad, a **drizzle of olive oil** and **squeeze of lemon juice**.





4 EASY, CREAMY PASTA SAUCES

How to use up any extra double cream you have

Pasta alla vodka
Fry **3 crushed garlic cloves** and **¼ tsp chilli flakes** in **2 tbsp olive oil** for 30 seconds. Stir in **100g tomato purée** and cook for 2 mins. Add **5 tbsp non-alcoholic vodka** and cook for 3 mins. Stir in **100ml double cream**.

Creamy mushroom sauce
Fry **250g sliced chestnut mushrooms** in **2 tbsp olive oil** and **1 tbsp butter** for 10 mins. Add **1 grated garlic clove** and cook for 2 mins. Add **100ml non-alcoholic white wine** and cook until reduced by half. Stir in **200ml double cream** and the **zest of 1 lemon**.

Asparagus cream pasta sauce
Cut the tips from a **bunch of asparagus** and set aside to use later. Cook the stalks in a pan of boiling salted water for 4 mins until tender. Drain. Tip in **140ml double cream** and **50g grated parmesan**. Blitz with a hand blender.

Creamy salmon pasta sauce
Fry **1 crushed garlic clove** in **1 tbsp olive oil** for 1 min. Add **100ml non-alcoholic white wine**, cook for a few minutes. Add **200ml double cream**. Flake in **2 cooked salmon fillets**. Add the **zest and juice of ½ lemon** and **½ small bunch of dill**,

Simply sriracha



The popular chilli sauce adds a spicy kick to these ideas:

- **Sriracha ketchup** Mix **2 parts ketchup** with **1 part sriracha**, or to taste. Serve as a dip or spread on burgers.
- **Sriracha prawns** Fry **prawns** in **vegetable oil** with **grated garlic** and **ginger**. Add **sriracha** to taste along with a splash of **soy sauce**. Bubble for 1 min to coat the prawns.
- **Easy sriracha glaze** Brush **sriracha** over **chicken breasts**, **thighs** or **legs** a few minutes before the end of the roasting time for a spicy glaze.

DON'T THROW AWAY

feta

Quick feta dip Blitz **feta** with **Greek yogurt**. Top with **olive oil**, **chopped dill** and a **pinch of sumac**. Serve with veg crudités or pitta.

Feta & herb filling Mix **feta** with **chopped parsley**, **basil**, **coriander**, **dill** or **mint**, then stuff into a pocket cut into a chicken breast before roasting.

Veggie feta pasta Toss **halved cherry tomatoes**, **crushed garlic**, **feta** and **oregano sprigs** with **olive oil** in a roasting tin. Season. Bake until the veg is soft, then toss with **cooked pasta**.

Easy feta flatbread Mix **1 tsp za'atar** with **olive oil** to make a runny paste. Spread over **flatbreads** and top with **feta**. Bake to warm through. Sprinkle with **parsley**.

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WEEKEND

Mouthwatering dishes to dig into with your family and friends



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3 SUMMER DESSERTS

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1 INGREDIENT – 3 WAYS

LOVE YOUR OATS

Cookbook author and baker **Benjamina Ebuehi** uses this pantry staple in creative ways

photographs YUKI SUGIURA

A bag of oats has always been a permanent staple in my kitchen cupboard. Whether it's daily bowls of steaming porridge to see me through the winter or batch-baking trays of granola, oats are humble but dependable. When it comes to baking, there's so much more you can do with them than just make flapjacks (which I do still love every now and then). They're incredibly versatile and can be used in both sweet and savoury recipes. For a rustic loaf like my cheese, oat & spring onion soda bread, I blitz up oats to replace some of the flour – this adds texture and robustness. If I'm a little short on time to make my own pastry, I use oats to form the base of tarts, as I've done with my oaty coconut cheesecake tart. They add a crunchy, slightly chewy element. And, toasting the oats first releases even more rich, earthy flavour, which works especially well in the crunchy praline clusters.



Benjamina Ebuehi is a cookbook author, recipe developer and food stylist. She appeared on the seventh series of *The Great British Bake Off* and finished as a quarter-finalist. Her latest cookbook, *A Good Day to Bake: Simple Baking Recipes for Every Mood* (Quadrille), is out now. Find more of her recipes on her blog, *carrotandcrumb.com*. @bakedbybenji



Oaty coconut cheesecake tart

Oaty coconut cheesecake tart

MAKES 4 **PREP** 35 mins plus cooling and 2-3 hrs chilling
COOK 40 mins **MORE EFFORT** V

80g jumbo oats
45g desiccated coconut
100g plain flour
120g unsalted butter
90g light brown soft sugar
40g golden syrup
1 ripe passion fruit, halved
For the cheesecake filling
340g soft cheese
60g caster sugar
1 tsp vanilla bean paste
200ml double cream

1 Heat the oven to 180C/160C fan/gas 4 and line the base of a 23cm fluted tart tin with baking parchment. Tip the oats, coconut, flour and 1/4 tsp salt into a large bowl and mix with a wooden spoon.
2 Heat the butter, sugar and golden syrup together in a small pan over a low heat until melted. Pour the mixture over the dry ingredients and mix well until the oats and coconut are evenly coated. Tip the mixture into the prepared tin and use your fingers to spread it across the base and up the side in an even layer. Bake for 15 mins, then remove from the oven and leave to cool.
3 To make the filling, tip the soft cheese, sugar and vanilla into a bowl and whisk together until smooth. Pour in 100ml cream and whisk again for a minute or so, or until the mixture has thickened. In a separate bowl, whip the remaining cream to stiff peaks using an electric whisk.
4 Gently fold the whipped cream into the soft cheese mixture, then spoon the cheesecake filling into the cooled tart case. Use the back of the spoon or a palette knife to create dips and swirls in the mixture for texture. Transfer to the fridge and chill for 2-3 hrs until firm. When you're ready to serve, spoon the passion fruit pulp over the tart and slice into wedges.

PER SERVING 557 kcals • fat 41g • saturates 26g • carbs 41g • sugars 25g • fibre 3g • protein 6g • salt 0.5g

Cheese, oat & spring onion soda bread

SERVES 8 **PREP** 30 mins plus chilling and cooling **COOK** 1 hr 5 mins
EASY V

120g rolled oats, plus extra for the topping
250g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
150g mature cheddar, grated
4 spring onions, chopped
350ml buttermilk, plus a little extra (optional)
½ tsp Dijon mustard

1 Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Blitz the oats in a food processor until fine, then tip into a large bowl along with the flour, bicarbonate of soda, 1/2 tsp salt and 1 tsp freshly ground black pepper. Quickly mix together to combine. Mix in 130g of the cheese and all of the spring onions.
2 Mix the buttermilk and mustard together in a jug, then pour this into the dry ingredients and use a cutlery knife to quickly mix into a soft, shaggy dough. If the dough still looks dry, add another 1-2 tbsp buttermilk. Turn the dough out on a floured surface and knead briefly to just bring it together into a ball.
3 Transfer the dough to the prepared tray and flatten it slightly into a thick disc using your palm. Use a sharp knife to cut a very deep cross into the top, then scatter with the remaining cheese and a small handful of oats. Bake for 35-45 mins until deeply browned and the loaf sounds hollow when tapped on the bottom. Leave to cool on a wire rack before slicing and serving.

PER SERVING 218 kcals • fat 7g • saturates 4g • carbs 29g • sugars 2g • fibre 2g • protein 9g • salt 0.9g





Praline oat clusters

SERVES 8-10 **PREP** 10 mins
COOK 10 mins **EASY** V

80g jumbo oats
40g blanched hazelnuts, roughly chopped
40g flaked almonds
65g unsalted butter
120g caster sugar
40g golden syrup
¼ tsp bicarbonate of soda

1 Heat the oven to 180C/160C fan/gas 4 and line a baking tray with baking parchment. Tip the oats, hazelnuts and almonds onto a second large baking tray and roast for 12-15 mins, stirring occasionally until toasted and fragrant. Transfer to a large bowl and set aside.
2 Tip the butter, sugar, syrup and ½ tsp sea salt flakes into a small pan. Melt over a low heat. Bring to the boil and bubble for 2-3 mins, stirring occasionally until pale golden. Remove from the heat and immediately pour this over the dry ingredients, adding the bicarb as you do. Mix well with a rubber spatula, making sure everything is evenly coated, and tip the mixture onto the prepared tray. Roughly spread over the tray so you have large chunks of the mixture, and cool completely (it will firm up as it cools).
3 Break into smaller clusters and enjoy as is or scatter over yogurt or ice cream.

PER SERVING 211 kcals • fat 12g • saturates 5g • carbs 22g • sugars 15g • fibre 1g • protein 3g • salt 0.4g

Shoot director FREDDIE STEWART | Food stylist LOTTIE COVELL | Stylist LUIS PERAL

SEASONAL

SPRING INTO SUMMER

Make the most of this month's best produce with inspiring recipes from **Samuel Goldsmith**

photographs YUKI SUGIURA

It's not just glorious produce that May brings with it. The warmer days and evenings offer a much-needed opportunity to spend time outdoors, whenever possible. Both delicious, fresh ingredients and sunshine are good for the soul.

Samphire is easily found in shops at this time of year. Its salty, citrussy flavour can be enjoyed by simply cooking it in butter with a little chilli, but I've used it with other seasonal favourites such as watercress and crab to create a salad that is great for lunch or as a light supper.

Thanks to the frozen variety, peas can be enjoyed all year round. However, they are in season during early spring, so make the most of it and cook them from fresh. There's also something quite relaxing about popping the peas out of their pods – it's definitely an activity for those who practice mindfulness. Peas are incredibly versatile and can be added to sauces and soups during the last few minutes of cooking to up the veg count, or simply served as a side with a smothering of butter or fresh herbs. I've used them in a family favourite: pea & ham pasta. The vibrancy of the peas brightens up this child-friendly dinner.

And, finally, what would this month be without strawberries? This very British crop is one of life's great pleasures. They're delicious eaten as they are, especially when taken fresh from a 'pick-your-own' field, but as the weather warms up, I also love to use them in cooling puddings. I've piled strawberries that have been sprinkled with elderflower cordial on top of strawberry semifreddo for a sweet way to welcome the start of summer.



Our food copy editor **Samuel Goldsmith** has taught food and nutrition in secondary schools and also worked as a food editor for lifestyle magazines such as *Woman & Home*. He's an advocate for using local and seasonal produce. @*samuelwgoldsmith*



Samphire & crab salad

This recipe easily serves two as a generous dinner, or four for a light lunch or supper. Samphire sings when paired with crab and this zesty dressing.

SERVES 2-4 **PREP** 10 mins
COOK 13 mins **EASY**

2 slices of sourdough bread
1½ tbsp rapeseed oil
180g samphire
1 lemon, juiced
1 tbsp crème fraîche
1 crab, brown and white meat separated (about 60g of each)
1 tbsp chopped dill (optional)
100g watercress

1 Heat the oven to 220C/200C fan/gas 7. Tear the bread into rough chunks and put in a bowl with ½ tbsp rapeseed oil and a little seasoning. Toss well, then tip onto a baking tray. Bake for 8-10 mins until golden. Set aside.

2 Bring a large pan of water to the boil and cook the samphire for 3 mins before draining and plunging into ice-cold water. Leave to cool for a few minutes before draining.
3 To make the dressing, combine the lemon juice, crème fraîche, remaining 1 tbsp rapeseed oil, the brown crabmeat and dill, if using, in a small bowl. Season, mix to evenly combine and set aside.
4 Mix the watercress and drained samphire together in a large bowl, drizzle over the dressing and toss well to coat. Serve on a platter or divide between plates, then top with the white crabmeat and croutons.

GOOD TO KNOW vit c
PER SERVING 319 kcals • fat 11g • saturates 3g • carbs 38g • sugars 4g • fibre 2g • protein 16g • salt 2.6g

gf tip
To save time, use toasted pine nuts instead of making the croutons in step one.

Pea & ham pasta

This classic combination is a great way to celebrate peas when in season. If you want to make it a little more special, try puréeing half the peas and stir this through the pasta after cooking to add even more vibrancy.

SERVES 2 **COOK** 9 mins
PREP 10 mins **EASY**

200g conchiglione pasta
160g podded peas
1 tbsp olive oil
1 red onion, finely chopped
100g cooked ham
150ml double cream
½ lemon, juiced
40g parmesan, grated, plus extra to serve

1 Bring a large pan of salted water to the boil, then cook the pasta following pack instructions, about 9 mins. Around 3 mins before the pasta is cooked, add the peas.
2 Meanwhile, heat the olive oil in a frying pan over a medium heat and fry the onion for 5 mins until soft but not golden. Add the ham, double cream, lemon juice and parmesan, then season and mix well. Remove from the heat.
3 Drain the pasta and peas (keeping a mugful of the cooking water) and return them to the pan. Tip in the creamy ham mixture and stir everything together to combine. If the mixture seems a little dry, add some of the reserved cooking water to loosen it a little. Serve with extra parmesan on top, if you like.

GOOD TO KNOW calcium • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 1,038 kcals • fat 37g • saturates 31g • carbs 88g • sugars 10g • fibre 11g • protein 37g • salt 1.7g



Pea & ham pasta

Shoot director FREDDIE STEWART | Food stylist LOTTIE COVELL | Stylist LUIS PERAL



Strawberry & elderflower semifreddo

Perfect for an al fresco pudding, this semifreddo is incredibly easy to make, but looks impressive.

SERVES 8 **PREP** 20 mins plus at least 5 hrs freezing **COOK** 10 mins
EASY V ❄

500g strawberries, hulled and quartered
50g caster sugar, plus 2 tbsp (optional)
6 tbsp elderflower cordial
300ml double cream
300ml full-fat Greek yogurt

1 Line a 1-litre loaf tin with cling film. Cook 300g of the strawberries with the 50g sugar and 4 tbsp of the elderflower cordial for 8-10 mins in a small pan over a medium heat until the strawberries have released some of their liquid and it has reduced a little. Leave to cool.
2 Whisk the double cream to soft peaks, then fold in the Greek yogurt until combined. Gently fold the cooked strawberries through the cream and yogurt mixture to create a ripple effect. Tip the mixture into the lined tin, then gently even out with the back of a spoon. Cover with cling film and freeze for at least 5 hrs or overnight. *Will keep frozen for up to one month.*
3 To serve, remove from the freezer, turn out onto a serving plate, peel off the cling film and defrost for 20 mins. Meanwhile, mix the rest of the strawberries with the remaining elderflower cordial, sprinkle over the 2 tbsp sugar, if using, and pile these on the semifreddo.

GOOD TO KNOW vit c • gluten free
PER SERVING 313 kcals • fat 24g • saturates 15g • carbs 20g • sugars 19g • fibre 2g • protein 3g • salt 0.1g



TOM KERRIDGE

SALMON MADE SPECIAL

If you're bringing food along to a gathering this summer, whether it's a street or garden party, **Tom Kerridge** has just the recipe you need

recipe photograph CLARE WINFIELD

I love big get-togethers. After all those lockdowns, it's wonderful to feel the energy that's created when friends and family share food – that mix of generations and personalities, and kids running around making happy noise. It's a celebration of life. But, how do you feed them all?

I've always felt that the crowd-pleasing barbecue favourites, like sausages and burgers, are stressful for the cook, who has to stand there grilling one of everything. If you throw some steaks into the mix, you've then got to make sure they're cooked how everyone likes them. No, thanks – it's meant to be my day off! What you want is a centrepiece that can be thrown in the middle of the table for everyone to help themselves. That's where my side of salmon comes in. I cook it slowly so it stays succulent, and there's no need to wrap it in foil – just add a few slices of lemon and some herbs, and that's all you need. I can't help but add a few extra touches for presentation, as these make all the difference. Peeling off the skin and scraping away the pesky grey meat no one likes will also make it the best piece of salmon you've ever tasted. It's guaranteed to keep a crowd happy, especially with easy-to-make new potatoes on the side.

> *It's wonderful to feel the energy that's created when friends and family share food – that mix of generations and personalities, and kids running around*

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. *@ChefTomKerridge*



Slow-roasted salmon with potato salad & dill & mustard mayonnaise

Slow-roasted salmon with potato salad & dill & mustard mayonnaise

Serve a crowd of up to 10 with this salmon side, or feed even more by buying a larger piece of salmon and cooking more potatoes.

SERVES 8-10 PREP 15 mins
COOK 1 hr EASY

1 lemon, finely sliced
small bunch of thyme
reserved dill stalks (from the mayonnaise recipe below)
side of salmon (about 1-1.2kg), cut from the tail end
1 tbsp olive oil

For the potatoes

1.5kg new potatoes, halved if large
1 tbsp Dijon mustard
1 lemon, juiced
3 tbsp olive oil

For the dill & mustard mayonnaise

200g mayonnaise
1 tbsp wholegrain or Dijon mustard
small bunch of dill, leaves picked, stalks reserved

1 Heat the oven to 120C/100C fan/gas ½. Scatter the lemon slices, thyme sprigs and reserved dill stalks over the base of a large, shallow roasting tin or baking tray. Season the salmon generously with salt and pepper and rub half the olive oil all over the fish. Lay the salmon skin-side up on top of the lemon and herbs. Roast for 45-50 mins until the fish feels firm and a corner of skin peels away easily. If you have a digital thermometer, the salmon should be at about 55C when ready. Leave to cool slightly in the tin.

2 While the salmon is cooking, tip the potatoes into a pan of cold salted water and bring to the boil. Reduce the heat to a simmer and cook for 10-15 mins until just tender. Drain. Mix the mustard, lemon juice and olive oil together in a large bowl, and season with salt and pepper. Tip the hot potatoes into the bowl and toss to coat in the dressing. Set aside. *Can be served hot or made a day ahead and chilled.*

3 Carefully lift the salmon onto a serving platter, if you like (it can also be served directly from the tin). Peel away and discard the skin, then use a cutlery knife to neatly scrape away the grey meat on top (see quick fishcakes recipe, right, to use it up), leaving the pink flesh underneath. The salmon is now ready to eat warm, or leave to cool completely and eat at room temperature. (See tip for garnishing the salmon, right.) *Will keep chilled for up to two days. Can be served cold.*

4 For the mayonnaise, mix all of the ingredients together in a small bowl. *Can be made a day ahead and kept chilled.* Just before serving, brush the rest of the olive oil over the salmon and season with sea salt. Serve with the potato salad and dill & mustard mayonnaise on the side.

GOOD TO KNOW omega-3 • gluten free
PER SERVING 516 kcals • fat 34g • saturates 5g • carbs 22g • sugars 3g • fibre 3g • protein 28g • salt 0.5g

5 MORE IDEAS

•EASY MAYONNAISE
If you want to have a go at making your own mayonnaise, tip **2 egg yolks** and **1 tbsp Dijon mustard** into a jug, then pour over **250ml sunflower oil**. Blitz with a hand blender, moving it up and down until the mixture has emulsified and thickened. Season. Add **1 tsp white wine vinegar** or **lemon juice** and whizz again.

•QUICK FISHCAKES
Mix any grey meat scraped off the salmon with **300g potatoes**, cooked and smashed, and **1 egg**, beaten Shape into fishcakes, coat in flour and fry in **sunflower oil** until golden.

•GARNISHING THE SALMON
If you like, brush the salmon lightly with **Dijon mustard**, then scatter with a **small handful of dill** (or use **parsley** or a mixture). You could also garnish with **cucumber** or **lemon** slices.

•GRIDDLED ASPARAGUS
Make the most of the end of asparagus season with this side. Toss **20 asparagus spears** in a **drizzle of olive oil**. Cook in a hot griddle pan over a medium-high heat for 10 mins until charred all over, then dress in olive oil and **lemon juice**, or simply toss with the **potatoes**.

•ETON MESS STATION
For a sweet treat for a crowd, make an Eton mess station. Put **crushed mini meringues** in one bowl, **sweetened whipped cream** in another and **chopped strawberries** in a third alongside a stack of serving bowls for everyone to dig in.

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Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened
1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners ¾ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.

4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.

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3 SUMMER DESSERTS

PERFECT PUDDINGS

Celebrate Father's Day on June 21st with these seasonal sweet treats from food writer **Jane Dunn**

photographs JONATHAN GREGSON



Lemon curd cheesecakes

Jane Dunn is a food writer and photographer. She received a Culinary Arts Diploma from Ashburton Chefs Academy and now shares her sweet ideas on her blog, *janespatisserie.com*. She's also appeared on ITV's *Saturday Morning* and *This Morning*. Her debut cookbook, *Jane's Patisserie* (Ebury Press), is out now. @*janespatisserie*



Brown sugar pavlova with fruit

Lemon curd cheesecakes

SERVES 4 **PREP** 20 mins plus at least 1 hr 10 mins chilling **NO COOK** **EASY** **V**

100g digestive biscuits
50g unsalted butter, melted
For the filling
250g lemon curd
300ml double cream
100g full-fat soft cheese
For the decoration
75ml double cream
1 tbsp icing sugar
lemon slices, to garnish

1 Tip the biscuits into a food processor and blitz to fine crumbs, or crush in a large bowl with the end of a rolling pin. Tip into a bowl and mix with the melted butter, then divide between four coupe or dessert glasses, pressing the biscuit mixture into the base of the glasses slightly. Chill for 10 mins.
2 Spoon about 25g lemon curd over each of the chilled biscuit bases. Mix the remaining lemon curd with the double cream and soft cheese, whisking until smooth. Divide the lemon filling evenly between the glasses, then chill for at least 1 hr or overnight.
3 For the topping, beat the cream with the icing sugar using an electric whisk until it's a pipeable consistency. Spoon the whipped cream into a piping bag and pipe a swirl of cream over each cheesecake (or spoon a dollop over each if you don't have a piping bag). Decorate each cheesecake with a slice of lemon before serving. *Will keep chilled for up to a day.*

PER SERVING 923 kcals • fat 75g • saturates 45g • carbs 56g • sugars 41g • fibre 1g • protein 5g • salt 0.7g

Brown sugar pavlova with fruit

SERVES 10 **PREP** 30 mins plus cooling **COOK** 50 mins **MORE EFFORT** **V**

150g light brown soft sugar
150g golden caster sugar
6 medium egg whites (about 180g)
1 tsp vanilla extract
1 peach, destoned and sliced
150g raspberries
150g strawberries, hulled and quartered
130g pineapple chunks
2 passion fruits, halved and seeds scooped out
For the filling
450ml double cream
2 tbsp icing sugar
1 tsp vanilla extract

1 Heat the oven to 150C/130C fan/gas 2 and line two large baking trays with baking parchment. Using a 900g loaf tin as a template, trace two rectangles onto the parchment. Turn it over. Sift both the sugars into a large bowl (use a spoon to push it through). Whip the egg whites on low speed in a stand mixer or with an electric whisk until small bubbles form. Turn the speed up to medium and whisk to stiff peaks. Add the sugar mix, 1 tbsp at a time, whisking between each addition until all the sugar has been added. Drop in the vanilla. Whisk for 3-4 mins more until the meringue is smooth (not grainy) – test it between your fingertips.
2 Spoon the meringue into a piping bag fitted with a star nozzle, and pipe it over the parchment using the templates so you have two meringue rectangles. Use a skewer to create more swirls, if you like. Bake for 50 mins-1 hr until crisp, then turn off the oven. Leave to cool inside.
3 To decorate, whisk the cream, icing sugar and vanilla extract to soft peaks using an electric whisk. Place one meringue on a serving board, then pipe or spoon over half the cream. Layer over half the fruit, top with the second meringue, then the rest of the cream and the remaining fruit. *Best eaten on the day it's made, but will keep chilled for up to two days.*

GOOD TO KNOW vit c • gluten free
PER SERVING 387 kcals • fat 24g • saturates 15g • carbs 37g • sugars 37g • fibre 2g • protein 3g • salt 0.1g

Chocolate sandwich cookie ice cream cupcakes

SERVES 8 **PREP** 20 mins plus at least 2 hrs freezing **NO COOK** **EASY** **V** ❄

280g crème-filled chocolate sandwich cookies, plus 8 whole cookies for decorating
60g unsalted butter, melted
300ml double cream
200g condensed milk
For the topping
100ml double cream
1 tbsp icing sugar

1 Line eight holes of a 12-hole cupcake tin with paper cases. Tip the cookies into a food processor and blitz to a fine crumb, or do this in a bowl using the end of a rolling pin. Measure 215g of the crumbs into a bowl and mix in the melted butter. Divide the mixture between the paper cases, pressing it into the bases slightly.
2 Pour the cream, condensed milk and 55g of the remaining crushed cookies into a bowl, and whisk until just starting to thicken, about 5 mins. Spoon the mixture evenly over the chocolate cookie bases, then freeze for at least 2 hrs or overnight until solid. *Will keep frozen for up to two days.*
3 Just before serving, make the topping. Whip the cream with the icing sugar using an electric whisk until it's a pipeable consistency. Spoon into a piping bag fitted with a star nozzle and pipe a swirl of whipped cream over each cupcake. Decorate each with a whole cookie and remaining cookie crumbs. Serve immediately.

PER SERVING 604 kcals • fat 43g • saturates 24g • carbs 49g • sugars 33g • fibre 1g • protein 5g • salt 0.3g



NEXT LEVEL

Ring doughnuts

recipe BARNEY DESMAZERY *photograph* WILL HEAP

MAKES 6 ring doughnuts plus 6 mini bites **PREP** 30 mins plus at least 4 hrs 30 mins proving **COOK** 15 mins **MORE EFFORT** V

WHY

Making your own doughnuts may be a labour of love, but it puts you in control of how long the dough proves and how fresh they are when you eat them – these are the two main factors for ensuring the best ring doughnuts you've ever tasted. When it comes to the execution, the devil is in the details: grab a ruler, set your timer and have a thermometer handy, as guesswork is not the way to go here.

WHAT TO BUY

250g strong white bread flour, plus extra for dusting
30g caster sugar
7g sachet fast-action dried yeast
100ml lukewarm milk
1 egg, beaten
½ tsp vanilla extract
50g butter, softened
vegetable oil, for deep-frying

For sugar-coated doughnuts
100g caster sugar
1 tsp cinnamon

For glazed doughnuts
200g icing sugar
sprinkles, freeze-dried raspberries or chocolate curls, to decorate (optional)

THE MAGIC NUMBER
If the temperature of the oil is too high, the doughnuts will burn before they've cooked. But, if it's too low, they'll be soggy and saturated with oil. Heat the oil to between 160C-170C for the best results.

ENRICHED DOUGH
We've added plenty of butter to the dough, so the doughnuts are rich rather than bready.

FRUITY LOOP
We've topped some of our doughnuts with tangy freeze-dried raspberries to balance the sweetness.

DOUBLE UP
This recipe makes a batch of six, plus mini bites – ideal for sharing with family or friends. However, if you want to make more for a party, you can easily double (or triple) the quantities.

A TOUCH OF VANILLA
Rather than leaving the dough plain, we've flavoured it with a subtle hint of vanilla.

Shoot director EMMA WINCHESTER | Food stylist ROSIE REYNOLDS | Stylist LAUREN MILLER



NO WASTE
As well as ring doughnuts, we've made mini bites from the trimmings, which can be dipped in icing or tossed in cinnamon sugar.

FLOUR POWER
Strong bread flour gives the dough more structure and elasticity, but if you prefer a shorter, 'cakey' texture, simply swap it out for plain flour.

THE PROVE OF THE PUDDING
A longer proving time will mean the dough develops in flavour. If you have time, it's well worth proving the doughnuts in the fridge overnight.

HOW TO MAKE IT

1 Tip the flour, sugar, yeast and 1 tsp salt into a bowl and mix to combine. Pour in the milk, egg and vanilla, and bring everything together with your hands into a rough dough, making sure all the flour is mixed in. Or, do this using a stand mixer. Cover with a clean, damp cloth and set aside for 30 mins.

2 Tip the dough onto a clean surface and knead for 10-15 mins by hand or 5-8 mins in a stand mixer on low speed until springy and glossy. Use your hands to work the softened butter into the dough – this will take about 5 mins. At first, it will look like it's not coming together, but keep working the dough through your fingers and it will become smooth and glossy. Form the dough into a ball and return it to the bowl. Cover and leave in a warm place to prove for 2-3 hrs, or until nearly doubled in size. Line a baking tray with baking parchment.

3 Roll the dough out on a lightly floured surface to a 2cm thickness, then use a 9cm cutter to stamp out as many circles as you can. Use a 4cm cutter to stamp out the middles. Re-roll the trimmings (including the middles) and stamp out more (you should end up with six ring doughnuts). Re-roll any remaining trimmings and use the 4cm cutter to stamp out five or six mini bites. Put the doughnuts and bites on the prepared tray, cover with a clean tea towel and leave to prove in a warm place for another 2-3 hrs, or in the fridge overnight until doubled in size. The lightness of the doughnuts depends on this second proving, and a longer prove in the fridge will give the doughnuts more flavour.

4 Fill a deep-fat fryer following manufacturer's instructions, or a heavy-based pan, ensuring it is no more than a third full. Heat to 170C or until a cube of bread dropped in browns in 30 seconds. Carefully lift two or three doughnuts from the tray and slide them into the hot oil using a floured spatula. Fry for 2 mins each side until puffed up and golden brown, then remove to a sheet of kitchen paper using a slotted spoon or tongs. Leave to cool. Repeat with the remaining doughnuts, then fry all the mini bites for a total of 2 mins.

5 When the doughnuts and bites have cooled, you can either coat them in sugar or a glaze. For sugar doughnuts, combine the sugar and cinnamon, then toss with the doughnuts. For glazed doughnuts, sift the icing sugar into a bowl and mix in 2 tbsp cold water until you have a runny icing. Dip in the doughnuts, then decorate with the toppings of your choice. *Best eaten strightaway, but will keep in an airtight container for a day.*

PER SERVING 560 kcals • fat 20g • saturates 6g • carbs 87g • sugars 56g • fibre 2g • protein 7g • salt 1g



A BLISSFUL SOJOURN *WITH* ANANTARA

The Sultanate of Oman is marked by towering mountains, a vast desert and 2,000 miles of sun-kissed coastline. Here you'll find two remarkable luxury getaways, Al Baleed Resort Salalah by Anantara and Anantara Al Jabal Al Akhdar Resort









Al Baleed Resort Salalah by Anantara invites guests to walk the white sands of Oman's south coast flanked by infinite blue waters at the Sultanate's only luxury pool villa resort. Anantara Al Jabal Al Akhdar Resort elevates guests to one of the world's highest luxury resorts, nestled in a dramatic mountaintop perched above mesmerizing canyons, just two hours outside the capital city of Muscat. Taking the eminent Omani hospitality to new levels of extravagance, these resorts are an idyllic escape that provides peerless gastronomic experiences.

CULINARY CONCEPTS

The core of Omani cuisine is built on foods such as locally grown dates and camel milk, but Oman has a culinary superpower that takes its cuisine to another level - the sea. The rich waters of the Indian Ocean and ideal positioning of the Sultanate at the heart of trade routes to Asia, Africa, Eastern Europe, India, and the wider nations of the Middle East have allowed Oman to grow into a rich, diverse and delectable national platter. Anantara's nine signature restaurants and lounges, alongside its unique Dining by Design experience, showcase traditional Omani cuisine and worldwide delicacies to suit every palate.

Sakalan, beside the infinity pool at Al Baleed Resort Salalah by Anantara, is an all-day open kitchen concept offering an exquisite mix of the world's finest foods. Breakfast offers an assortment of freshly baked bread, croissants and homemade jams to pita, creamy hummus and shakshuka, while all-day dishes are served from cuisines of the East to the West and the resort's Arabian home.

A culinary voyage along the celebrated river of South-East Asia can be taken at the resort's signature Mekong restaurant, where the blended tastes of China, Thailand, and Vietnam are prepared by speciality chefs in an enchanting and ornate lantern-lit lagoon-side setting. Al Mina (The Port) serves treasures from the sea, presenting fresh and zesty flavours from the Mediterranean as light afternoon bites or sumptuous evening indulgences.

On the mountaintop of Anantara Al Jabal Al Akhdar Resort, Al Maisan looms over the surrounding canyons inviting diners to sample gastronomic delights from the authentically Arabian to the unmistakable spices of India, Thailand, and beyond.

For a true taste of their unique location, diners can head to Al Qalaa where distinctive Arabian décor provides the backdrop to traditional recipes crafted from crops of the surrounding land and bounty from the Sea of Oman.

At Bella Vista, the skies above are reflected in still waters at one of the most inspiring poolside fine-dining restaurants. Expect Roman-inspired cuisine translated into vibrant seasonal salads and tasteful light bites served from stunning sunrise to unforgettable sunset.

A refined courtyard afternoon awaits guests at Al Baha where traditional English and Arabic afternoon teas are served alongside small plates, pastries, and flavoursome teas and coffees. Spectacular resort views are sure to stun, while the courtyard fireplace lends a warm ambience even after sunset.

Al Burj (The Tower) and Al Shourfa (The Balcony) juxtapose the time-honoured tradition of Arabian shisha with the tempting flavours of international tapas, exotic blends, and fine grapes to provide a relaxed, satisfying experience unifying the best of cultures from around the world.

Life is a journey and food is a lavish experience at Anantara where dining is pushed beyond its conventional limits with an exhilarating Dining by Design concept, which encourages diners to savour their dream menu in the most incredible locations. Opt for an adventurous, spectacular experience from a sunrise breakfast on the mountaintop of Anantara Al Jabal Al Akhdar Resort or on the lagoon-side sands at Al Baleed Resort Salalah by Anantara, to a sunset dinner at the edge of a canyon or by the pool of their own luxury private villa. Guests at Anantara Al Jabal Al Akhdar Resort can Dine by Design at The Royal Edge, overlooking the magnificent canyon view, or on Diana's Point - where Diana, Princess of Wales and HRH Prince Charles once set foot. Dishes can be chosen from an exquisite connoisseur menu or curated in collaboration with a personal chef for something unique.

Whichever way you choose to dine with Anantara in the Sultanate of Oman, be ready to embark on a memorable experience.

For more information, visit www.anantara.com/en/al-baleed-salalah and www.anantara.com/en/jabal-akhdar

BBC goodfood Middle East

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family

pack a picnic

Make these recipes to enjoy with the kids on a day out or under a teepee tent at home

recipes SAMUEL GOLDSMITH ***photographs*** WILL HEAP





Sundried tomato sausage rolls

MAKES 8 or 16 **PREP** 20 mins plus cooling and chilling **COOK** 30-40 mins **MORE EFFORT**

2 tsp sunflower oil
2 banana shallots, finely chopped
8 pork sausages
10 sundried tomatoes, chopped
1 tsp fennel seeds
2 sage sprigs, leaves picked and chopped
2 x 320g sheets ready-rolled puff pastry
flour, for dusting
1 egg, beaten
1 tbsp nigella seeds

1 Heat the oil in a small frying pan over a medium heat and cook the shallots for 5 mins until soft but not golden. Remove from the heat and cool slightly.
2 Squeeze the sausagemeat from the skins into a large bowl. Mix in the tomatoes, fennel seeds, sage, cooled shallots and some seasoning using your hands until evenly combined. Set aside.
3 Unravel the pastry onto a lightly floured surface. Form half the sausage mix into a long log lengthways over the middle of the first sheet of pastry. Brush the exposed border with beaten egg, then fold one edge over the filling to join the pastry on the other side and enclose the filling. Seal the edge using a fork. Using a sharp knife, cut the long sausage roll into four or eight even pieces, then repeat with the remaining pastry and the rest of the sausage mix.
4 Arrange the rolls over one or two baking sheets lined with baking parchment, then chill for at least 20 mins or overnight. *Can be made and chilled a day ahead or frozen for up to a month. To bake from frozen, add 10 mins to the cooking time in step five.*
5 Heat the oven to 200C/180C fan/gas 6. Brush the sausage rolls with the remaining egg and scatter over the nigella seeds. Bake for 30-40 mins, or until the pastry is golden and the filling is cooked through. Remove from the oven and leave to cool on the sheets for at least 15 mins before eating.

PER SERVING (16) 272 kcals • fat 19g • saturates 8g • carbs 17g • sugars 2g • fibre 2g • protein 7g • salt 0.7g

Coronation chickpea sandwich filler

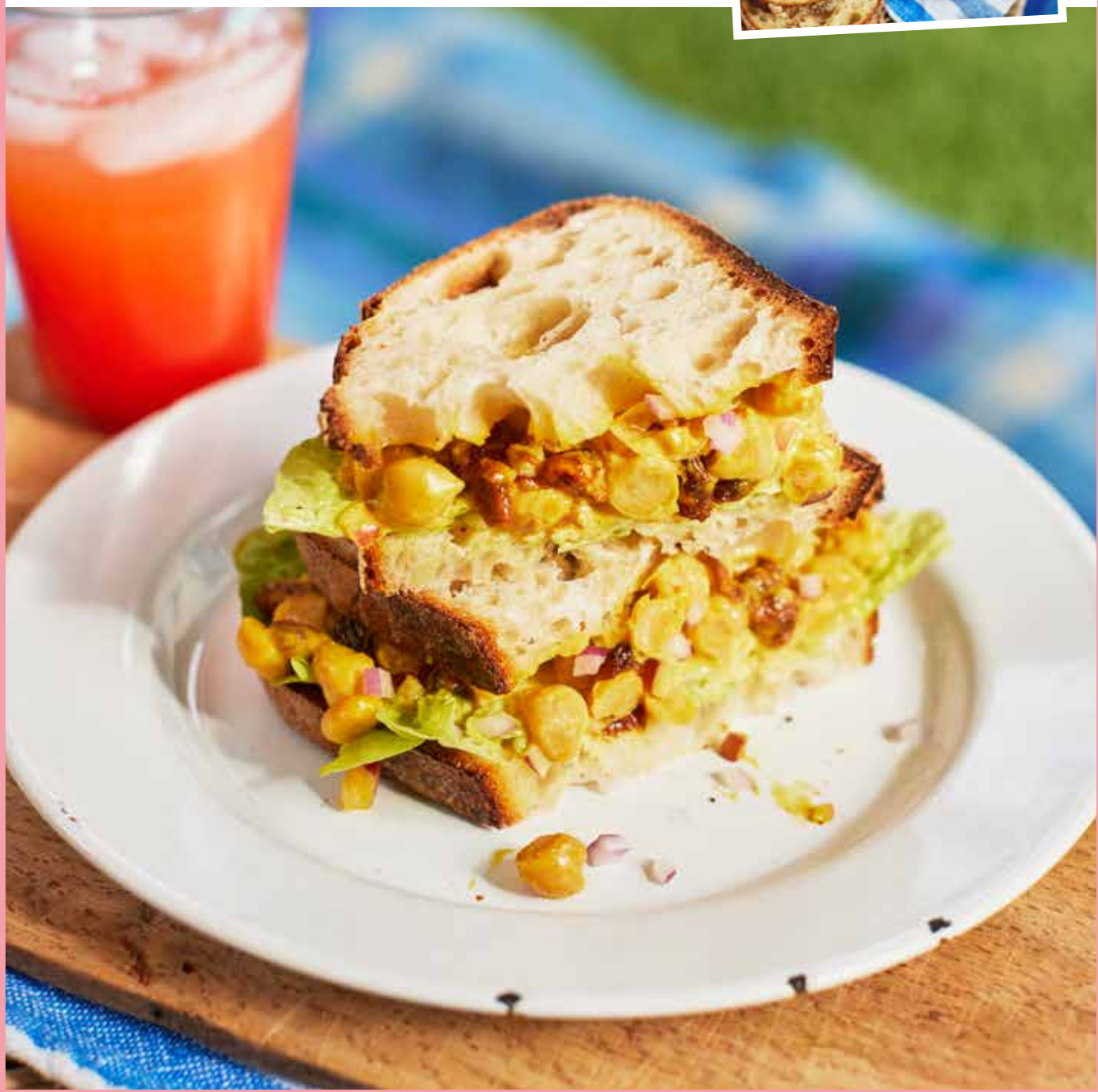
SERVES 4 **PREP** 8 mins
NO COOK EASY V

400g can chickpeas, drained and rinsed
3½ tbsp mayonnaise or vegan alternative
1½ tbsp mango chutney
2 tsp mild curry powder
½ lemon, juiced
50g raisins
½ small red onion, finely chopped
4 rolls or 8 slices of bread and Little Gem lettuce leaves, to serve

1 Pat the chickpeas dry using kitchen paper. Combine the mayo, chutney, curry powder and lemon juice in a bowl. Season well.
2 Tip in the raisins, onion and chickpeas and mix to combine. *Will keep chilled for three days.* Spoon the filler into rolls or sandwich between bread slices with a few lettuce leaves.

GOOD TO KNOW vegan • 1 of 5-a-day • gluten free
PER SERVING 220 kcals • fat 11g • saturates 1g • carbs 22g • sugars 12g • fibre 5g • protein 5g • salt 0.4g







Caprese sandwich

SERVES 4 **PREP** 10 mins
NO COOK EASY V

4 thick slices of focaccia or 8 slices of bread, to serve
2 tbsp basil pesto (ensure vegetarian, if needed)
2 tsp extra virgin olive oil
handful of rocket
2 x 125g balls of mozzarella, sliced (ensure vegetarian, if needed)
2 large ripe tomatoes, sliced
small handful of basil leaves
½ small red onion, sliced (optional)
2 tsp thick balsamic vinegar

1 If using focaccia, cut the slices across the middle so you have a total of eight slices. Spread 1/4 tbsp pesto over four of the focaccia or bread slices, and drizzle each of the remaining four slices with 1/2 tsp olive oil.
2 Divide the rocket, mozzarella, tomatoes, basil leaves and red onion slices over the pesto-topped focaccia or bread. Drizzle 1/4 tsp balsamic vinegar over each of the remaining slices. Sandwich the slices together, wrap up for a picnic or serve straightaway. *Best eaten on the day they're made.*

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 462 kcals • fat 23g • saturates 9g • carbs 42g • sugars 5g • fibre 1g • protein 21g • salt 2.2g

Apple flapjack squares

MAKES 16 **PREP** 10 mins
COOK 45 mins **EASY** V

175g butter, plus extra for the tin
2-3 apples (about 350g), peeled, cored and chopped into small pieces
150g golden syrup
150g light brown soft sugar
300g oats
50g dried apples, chopped
½ tsp ground cinnamon (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter the base of a 20 x 20cm square tin and line with baking parchment. Tip the chopped apples into a small saucepan with 2 tsp water and cook over a medium heat for 3-4 mins until the apples are just soft enough to crush, but there's still a little water left in the pan. If needed, add a little more water and cook the apples for slightly longer. Remove from the heat and crush the apples using a potato masher or a fork to break up slightly, then tip into a bowl and set aside.
2 Tip the butter, golden syrup and sugar into the pan and warm through over a low heat until the butter has melted and the sugar has dissolved. Remove from the heat and set aside.
3 Combine the oats, dried apple and cinnamon, if using, in a large bowl. Tip in the buttery syrup mix and cooked apples, then stir to combine. Tip the flapjack mixture into the prepared tin and press down firmly. Level the surface using a spatula, then bake for 25-30 mins until golden and bubbling at the sides. Leave to cool. Cut into 16 pieces. *Will keep in an airtight container for three days.*

PER SERVING 242 kcals • fat 11g • saturates 6g • carbs 33g • sugars 20g • fibre 2g • protein 3g • salt 0.3g

gf tip
Measure the golden syrup straight into your saucepan to stop everything from getting sticky.



Strawberry lemonade

MAKES 1.5 litres **PREP** 5 mins
EASY V

175g sugar
400g strawberries, hulled and quartered, plus extra whole strawberries to serve (optional)
200ml freshly squeezed lemon juice (the juice of about 4-5 lemons)
ice, to serve

1 Tip the sugar and 1 litre water into a saucepan over a medium heat and heat, stirring, until the sugar has dissolved. Remove from the heat and leave to cool completely.
2 Put the strawberries in a blender and blitz to a purée. You can strain this through a fine mesh sieve to remove any pips, if you prefer. Tip the strawberry purée into a large jug with the sugar water and lemon juice, and stir to combine. Pour into glasses filled with ice and serve garnished with whole strawberries, if you like. *Will keep chilled for a day.*

GOOD TO KNOW vegan • low fat • vit c • gluten free
PER SERVING (150ml) 72 kcals • fat 0.2g • saturates none • carbs 17g • sugars 17g • fibre 1g • protein 0.2g • salt none



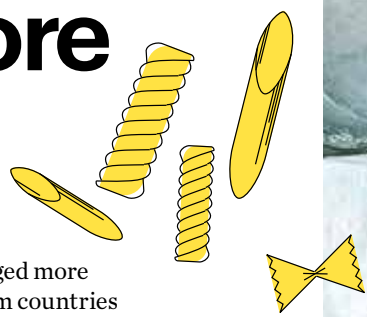


Shoot director EMMA WINCHESTER | Food stylist ROSIE REYNOLDS | Stylist LAUREN MILLER

Joanna Blythman

Why we're all paying more

As we all know, the cost of living is spiralling. Here, we look at the causes and how you can reduce your energy and food bills



It was the porridge oats that did it. Last time I looked, they'd cost me 69p a kilo, this time the price had gone up to £1.39 (approximately AED6.40).

At first I thought this steep hike was because I buy organic oats from a refill shop. Then I price-checked them against supermarkets and found that large retailers charge anything between £1.30 and £2.40 a kilo for non-organic oats, depending on how swanky the packaging is.

While I'd clocked the steadily increasing cost of fruit, vegetables, meat, dairy and fish, and adjusted my shopping list accordingly, I used to see oats as a cheap staple that wouldn't break the bank. Now, for the first time, even the humble oat is a price consideration.

We're in the midst of a major cost of living crisis. It feels as if a hammer blow arrives most days in the post, pinching our budgets from all directions. Disturbing letters warn of doubling fuel bills and increased council tax. The horrible realisation of how little petrol buys you sinks in at the pump.

You don't need to be poor for this financial crisis to affect you. Many people who previously felt comfortably off are now feeling the pinch. Only the ultra-rich can afford to brush off this steep change in financial circumstances.

> "You don't need to be poor for this financial crisis to affect you"

How did we get here? The war in Ukraine has certainly ushered in crippling price rises. Food production has been hit on a number of fronts, with soaring gas tariffs pushing up the cost of running farm equipment, heating glasshouses (for growing crops like peppers and cucumber), and driving ever higher the farmer's fertiliser bill.

Ukraine and Russia produce 30 per cent of the world's wheat, which means that foods, such as flour and pasta, now command new highs at the till. Animal feed prices are spiking, too, which inevitably means more expensive poultry and eggs.

But, as money-saving expert Martin Lewis has pointed out, many of the measures that triggered this inflation predate the war. Rises in energy, heating oil, water, council tax, broadband and mobiles, food and National Insurance were all in the pipeline before Ukraine.

Two years of Covid restrictions on travel have encouraged more European workers, from countries such as Poland, Romania and the Czech Republic, to return home, but many of them were stalwarts of food production, staffing everything from abattoirs through to food factories and fruit farms.

Whichever way you look at it, many more of us will need to make our depleted resources go further. Good Food, always budget-conscious, will be helping readers with money-stretching ideas. In this issue, food writer Claire Thomson lists 21 ways she saves money on food (see opposite).

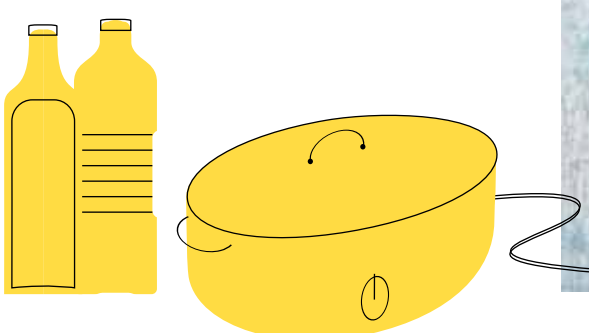
And when the spiralling cost of feeding ourselves is down to macro-factors beyond our individual control, here's one practical thing worth considering:

Why not invest in a slow cooker, and use it to make thick soups and stews? You need no cooking skills, just a list of ingredients that turn themselves into something delicious. Switch it on as you leave for work and enjoy warm, homecooked food as you return.

Slow cookers use little energy and only need an electric socket, so they're a godsend for people in temporary accommodation and bedsits. If you're working two jobs, so you're short on time as well as hard-up, a slow cooker is a modest but effective stratagem that can help you eat better for less.



Our contributing editor Joanna is an award-winning journalist who has written about food for 25 years. She is also a regular contributor to BBC Radio 4.
@joannablythman



Claire Thomson

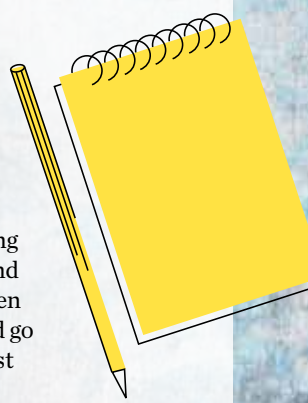
21 clever ways to save money

The chef and food writer shares handy tips and ideas on how she economises on food

BBC goodfood Middle East

COOK SMART

With energy costs rising and food shopping bills costing more and more, it's time to up your savvy when it comes to tackling supermarket shopping and become more canny in the kitchen. Planning ahead, scrupulous use of a budget, exploring more economical buying options and exercising some common sense when it comes to best-before dates should go some way to buffering the rising cost of putting food on the table.



1 PLANNING AHEAD & BUDGETING

- **Make a budget** and try to stick to it. That way, you won't be tempted to waste money on food you don't need.
- **Write down** a shopping list that corresponds to a meal plan. Knowing what food you want to cook and when you plan to cook it throughout the week will mitigate food waste and help you to factor in your leftovers.
- **Be prepared** to swap in ingredients that you can't get or that have gone up in price while you're shopping.
- **Don't** shop hungry or you'll buy too much food.

Make a shopping list to cook this delicious one-pan spaghetti with meatballs. Go to *bbcgoodfoodme.com/recipes/one-pan-spaghetti* for the recipe

Claire Thomson is a professional chef and food writer. She has written for various publications and appeared on BBC One's *Saturday Kitchen*, BBC Radio 4's *Woman's Hour* and on Cerys Matthews' BBC Radio 6 show. Claire is the author of seven cookery books, including *Camper Van Cooking* and *The Art of the Larder*. Her new book, *Tomato* (Quadrille) is out this month. @5oclockapron



SHOPPING



2 EXPLORE BULK BUYING
If you have the storage space, buy rice in bulk as it's cheaper than buying it in smaller amounts. Look for bulk bags of rice in grocery stores or the world food aisle at a big supermarket.



3 BUY FRUIT AND VEG ETABLES IN SEASON
Try to buy most of your fresh produce in the season that it's grown and harvested. If it's grown close to home, with no transport or freight costs, the produce on offer should be competitively priced.



4 LOOK OUT FOR OFFERS ON FRESH PRODUCE
Some greengrocers have bargain bins of produce or offer bulk-buying on certain items, such as overly ripe bananas or blueberries. Supermarkets also sell off produce that's going out of date, so shop at the end of the day when the stock is checked and goods are reduced.



5 OPT FOR LESS BUT BETTER QUALITY MEAT
Cured meats in small amounts can pack a punch flavour-wise, so try adding a few slices of chorizo or a spoonful of 'nduja to meals. Cutting the amount of meat you buy will enable you to buy better quality meat in the long term.



6 CHOOSE CHEAPER CUTS
The difference in price between chicken breasts and thighs is bigger than you may think. The cost also goes up for organic meat. Choose lamb neck over lamb chops, to save money.



7 USE FROZEN VEG
Frozen veg comes ready prepped, so you won't discard any of the weight that you buy. It's easy to portion and you can use small amounts quickly. Just stir into your pan of food and heat until cooked.



8 HERB CARE

Cut herbs are expensive, so store the stems submerged in water in the fridge and you won't waste a leaf. This works especially well for coriander and keeps the leaves in tip-top condition.



Cook smart

9 GENERATE LEFTOVERS
I always try to make more of any evening meal I cook in the hope that there will be leftovers for lunchboxes the next day. Pasta, noodles or rice dishes are all good for making in excess and might save you having to buy your lunch the following day.



10 BUY A PRESSURE COOKER
Using a pressure cooker cuts down on cooking time and allows you to buy cheaper ingredients that usually need a longer time to cook. These include beans and pulses (which can be cooked dry or soaked) and cheaper cuts of meat. A pressure cooker also makes the most of meat bones and carcasses, extracting every last bit of flavour from them for stock.

11 STOCK UP YOUR FREEZER
Ensure you have a good range of frozen food – it'll last longer and you'll save on food waste as you'll only use what you need. It's a misconception that frozen produce isn't as good for you as fresh. Frozen vegetables are often frozen soon after picking, so the nutrients are preserved. Use a white board pen to keep a tally on your freezer or fridge door of what you have in stock, so you don't have to rummage.

12 USE EVERYTHING
Something as simple as eating your cauliflower and broccoli stalks rather than throwing them away can be cost effective and save waste. Trim any woody bits, or just peel and cut into slices or strips

and cook along with the florets. Stale bread can be made into puddings or whizz into breadcrumbs to make crunchy toppings for bakes and pasta.

13 COOK DRIED PULSES WHEN THE OVEN IS ON

Dried beans and pulses are cheaper to buy than canned ones but you have to soak then cook them. Using the oven to cook two items at a time makes economic sense, so make use of that spare oven shelf by cooking a pan of beans along with your main meal. Bring the soaked beans or pulses up to the boil in a large pan, then transfer to a baking dish with a tight-fitting lid and bake in the oven until tender. Listen to *The Food Programme* about beans on BBC Radio 4 while you cook.



14 BATCH COOK BASIC INGREDIENTS

When making tomato sauce, I often make two or three times the recipe and freeze in portions for a quick pasta sauce or for adding to vegetable or meat dishes. You can do the same with batches of fried onions or white sauce. If you have cheese that's past its best, make a cheese sauce and freeze in portions.

15 MAKE YOUR OWN TREATS

A simple homemade oat cookie, flapjack or a cake that lasts in a tin for a few days will satisfy a sweet tooth. Cut into small pieces so it lasts longer and is cost effective.

> Cut homemade cookies or flapjacks into small pieces so they last longer



Photographs XPARDO ROULIER, JORDI GARCIA/PHOTOCUISINE/STOCKFOOD, MARIA BELL, ISTOCK/GETTY IMAGES PLUS, TIM ROBBINS/MINT IMAGES/GETTY, ITHINKSKY/E+/GETTY



BUDGET-SAVING HACKS

16 Roll a rolling pin along the length of a tube of tomato purée and whatever remnants are left in the tube will squish out.

17 Regrow lettuce from stalks. Pop a stalk in a container of fresh water in a sunny spot in the kitchen and, with any luck, the stalk should reshoot with micro lettuce leaves after four to five days – that's enough to put in a sandwich. This works especially well with the living lettuces that are sold with their roots.

18 Replant supermarket herbs in bigger pots – if you tend them, they'll keep growing.

19 Dust off appliances you may not use regularly to save on food waste. Use a blender or food processor to whizz up banana ice cream using sliced and frozen overripe banana, chop herbs for freezing or turn some never-going-to-ripen tomatoes into a purée (which you can also freeze).

20 Make a regular stocktake of your kitchen. Knowing what is in your freezer, fridge and storecupboard will ensure you let nothing go to waste or end up buying anything in duplicate, which is a waste of money.



21 | KNOW YOUR DATES

Make sure you know the difference between best-before and use-by dates. Use-by dates indicate a period when food is no longer safe to eat and should always be adhered to. They're usually found on perishable goods and it may be dangerous to consume them past that date. Best-before dates indicate the optimum quality of an ingredient – the items are safe to consume past this date but may not be in peak condition.

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health

Delicious recipes and top nutrition tips



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meat-free meals

These recipes add up to a healthy vegetarian diet for seven days

Potato frittata with pepper salsa

Being one of the few food sources of vitamin D, eggs make a valuable contribution to a balanced diet. They're also rich in phosphorus which, along with vitamin D, helps ensure strong, healthy bones.

SERVES 4 **PREP** 10 mins
COOK 25-30 mins **EASY** V

FOLATE · FIBRE · 3 OF 5-A-DAY

1kg even-sized potatoes, peeled and thinly sliced
8 eggs
2 red chillies, deseeded and finely chopped
3 garlic cloves, finely grated
4 handfuls of rocket

For the salsa

1 tsp rapeseed oil, plus extra for the dish
2 red peppers, halved and deseeded
325g can sweetcorn, drained
1 red onion, finely chopped
handful of basil (about 10g), roughly chopped
½ tsp lime zest and 1 tbsp juice

1 Heat the oven to 220C/200C fan/gas 7. Boil the potatoes for 5 mins until just cooked, then drain. Meanwhile, beat the eggs in a bowl with the chillies, garlic and lots of black pepper. For the salsa, lightly oil the pepper halves and place cut-side down on a baking sheet.

2 Stir the potatoes into the egg mixture, then tip into a shallow, lightly oiled ovenproof dish (ours was a deep 30cm dish). Cook in the oven with the peppers on the shelf above for 25-30 mins until the egg is set and starting to brown at the edges.

3 Meanwhile, tip the sweetcorn into a bowl with the onion and basil, and stir in the lime zest and juice. Peel the roasted peppers, dice the flesh, and add to make the salsa.

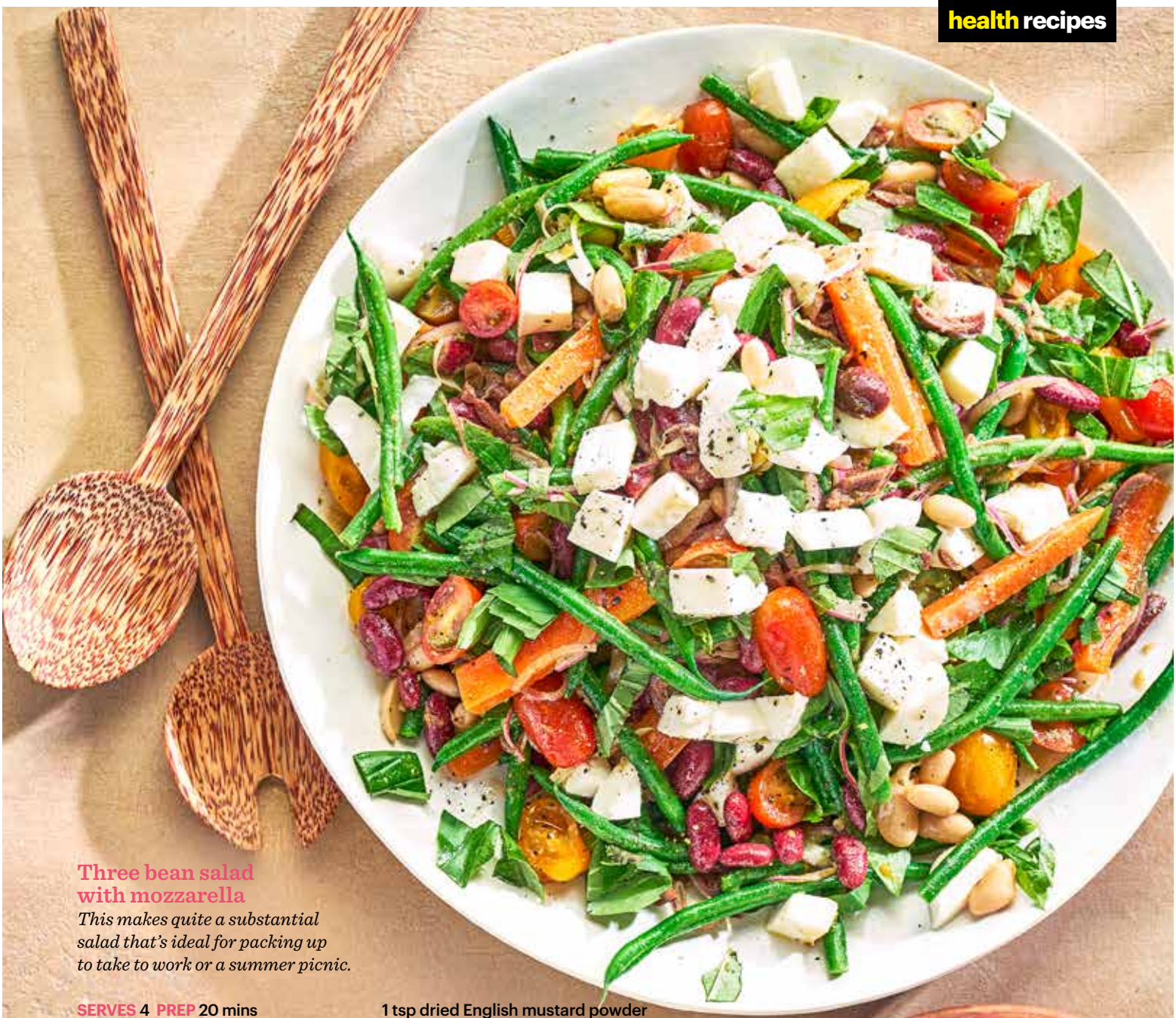
4 Serve half the frittata with half the salsa and half the rocket for two people. *The remainder will keep chilled for up to three days. Serve cold or lightly warmed with the remaining salsa.*

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 424 kcals • fat 12g • saturates 3g • carbs 53g • sugars 12g • fibre 9g • protein 22g • salt 0.4g









Three bean salad with mozzarella

This makes quite a substantial salad that's ideal for packing up to take to work or a summer picnic.

SERVES 4 PREP 20 mins
COOK 10 mins EASY V

5 OF 5-A-DAY · LOW CAL · VIT C

320g fine beans, ends trimmed and halved if large
4 carrots (320g), cut into slim batons
2 red onions, halved and sliced
400g can cannellini beans, drained
400g can red kidney beans, drained
320g mixed colour baby tomatoes (ours were red, yellow and orange), halved
15g basil leaves, roughly torn
120g vegetarian mozzarella, cut into cubes

For the dressing

2 tbsp extra virgin olive oil
1-2 tbsp balsamic vinegar
2 garlic cloves, finely grated
½-1 tsp dried oregano
1 tsp dried English mustard powder
15 pitted kalamata olives (about 45g), sliced
½ tsp lemon zest and 2 tbsp juice

1 Boil or steam the beans and carrots for 8-10 mins until just tender. Put the sliced onions in a bowl and pour over boiling water.
2 Meanwhile, make the dressing. Mix all the ingredients together in a large bowl.
3 Tip the cooked beans and carrots into the dressing along with the drained onions, beans and tomatoes, toss well, then add the basil and toss again. Serve half, scattered with half the mozzarella and a grinding of black pepper, if you like. *Will keep chilled for up to three days.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 376 kcals • fat 15g • saturates 5g • carbs 33g • sugars 15g • fibre 17g • protein 17g • salt 0.8g



Vegetarian pastitsio

Our tasty and substantial pasta bake nods to the Greek favourite. However, budget-friendly lentils replace the meat and we have added a little balsamic vinegar.

SERVES 4 **PREP** 25 mins
COOK 1 hr 15 mins **MORE EFFORT** V

CALCIUM · 4 OF 5-A-DAY · FIBRE

2 large onions (330g), halved and sliced
1 tbsp olive oil
2 tsp vegetable bouillon powder
3 bay leaves
2 tbsp balsamic vinegar
2 garlic cloves, finely grated
1 tsp dried oregano
1 tsp ground cinnamon
250g penne
400g can chopped tomatoes
4 tbsp tomato purée
2 x 400g cans green lentils
salad of tomatoes, onion and dill tossed with lemon and olives, to serve

For the white sauce
500ml milk or plant-based milk
50g wholemeal flour
1 egg, separated
40g vegetarian feta, crumbled
½ tsp oregano

1 Heat the oven to 190C/170C fan/gas 5. Put the onions and oil in a large saucepan with the bouillon, 2 of the bay leaves, the vinegar, garlic, oregano and cinnamon. Add a mug of water (about 250ml), then cover and simmer for 10 mins until soft. Uncover and cook for 10 mins more, stirring frequently. The water should evaporate after this time and the onions should be soft.
2 Meanwhile, cook the pasta in a large pan of boiling water following pack instructions, or for 10 mins until al dente. Drain and set aside.
3 Stir the tomatoes, tomato purée and the lentils, along with their liquid, into the onions. Stir well, then cover and simmer for 5 mins. Remove the bay leaves.
4 To make the white sauce, pour the milk and 200ml water into a pan with the flour, whisk well to stop lumps forming and keep stirring until thickened, about 8-10 mins.
5 Stir the egg white into the pasta and spoon over the base of a baking dish. Top with the lentil mixture. Stir the egg yolk into the white sauce, then spoon on top of the lentils, scatter over the feta and oregano, then bake in the oven for 40 mins until bubbling.
6 Serve half with the tomato and onion salad, and chill the rest for another day. *Will keep chilled for up to two days. Reheat in the microwave on plates until piping hot.*

GOOD TO KNOW healthy • low fat • calcium • fibre • vit c • 4 of 5-a-day
PER SERVING 576 kcals • fat 11g • saturates 4g • carbs 85g • sugars 19g • fibre 18g • protein 27g • salt 1.5g

Quinoa salad with shredded greens & raisins

Rather than a grain, quinoa is a seed and a very good source of protein, containing all nine of the essential amino acids, as well as B vitamins and manganese, which help to promote bone health.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V

IRON | VIT C | LOW CAL

150g quinoa
3 tbsp balsamic vinegar
2 tbsp extra virgin olive oil
200g cavolo nero, shredded
1 red onion, finely chopped
1 green pepper, deseeded and chopped into small pieces
30g raisins
2 small avocados, chopped
40g vegetarian feta

1 Rinse the quinoa in a sieve under running water until the water runs clear, then cook for 20 mins following pack instructions. Leave to rest for 5 mins. Rinse again and drain well by pressing in the sieve.
2 Meanwhile, put the vinegar and oil in a large bowl, add the cavolo nero and massage in the dressing with your hands to soften it.
3 Add the quinoa, onion, pepper and raisins, then toss well. Spoon half onto plates, scatter over 1 chopped avocado, crumble in half the feta and toss. *The remainder will keep chilled for up to three days. Top with the remaining avocado and feta, then serve.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 381 kcals • fat 20g • saturates 5g • carbs 35g • sugars 12g • fibre 9g • protein 11g • salt 0.4g

gf tip
Just half an avocado counts as one of your five-a-day and they're a great source of heart-friendly monounsaturated fat, vitamin E and potassium. The majority of the nutrients are found in the darker green flesh near the skin, so make the most of this, even if it means scraping the last bits out of the shell.

Gingery broccoli-fry with cashews

This is a bit like fried rice, but instead of rice, we've whizzed up broccoli instead which is rich in antioxidants. Ginger is thought to be good for the heart. To enjoy all the health benefits of veg at their peak, make this fresh each time, as veg starts to lose its vitamin C content if prepared too far ahead.

SERVES 2 **PREP** 15 mins
COOK 10 mins **EASY** V

VIT C | 4 OF 5-A-DAY | FOLATE

320g head of broccoli, stalks and florets separated
40g cashews, roughly chopped
1 tbsp sesame oil
15g ginger, finely sliced
1 small red onion, finely chopped
1 red pepper, deseeded and cut into thin strips
1 large carrot (160g), cut into thin strips
2 garlic cloves, thinly sliced
1 red chilli, deseeded and finely chopped, plus extra sliced, to serve
1 tbsp tamari
1 lime, juiced and zested
7g chopped coriander, plus extra to serve
2 eggs, beaten

1 Blitz the broccoli stalks in a food processor until finely chopped. Add the florets and pulse again to achieve a rice-like texture.
2 Lightly toast the cashews in a wok or frying pan, then tip onto a plate and set aside. Heat the oil in a pan over a high heat and add the ginger, onion, pepper, carrot, garlic and chilli. Stir-fry for 2-3 mins until starting to brown, then put a lid on and cook for another 2 mins.
3 Add the broccoli and 3 tbsp water and stir-fry for 3 mins until all the veg is tender. Pour in the tamari, lime juice and zest and coriander, stir well, then pour in the eggs and stir-fry very briefly to just set. Serve with the cashews, extra coriander and extra sliced chilli scattered over, if you like.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 388 kcals • fat 21g • saturates 4g • carbs 22g • sugars 15g • fibre 13g • protein 20g • salt 1g

gf tip
Chopping cruciferous veg enhances levels of beneficial compounds called glucosinolates which have cancer protective properties.



Sweet potato gnocchi with tomato sauce

Gnocchi is usually made with white potatoes, but they don't count towards your five-a-day. Sweet potatoes do, but as the name suggests, they're also high in natural sugars, so we've combined the two for a balanced combo.

SERVES 4 **PREP** 40 mins
COOK 1 hr 10 mins **EASY** V

2 OF 5-A-DAY · LOW FAT · VIT C

350g sweet potatoes
4 baking potatoes (950g)
200g wholemeal spelt flour, plus extra if needed

For the tomato sauce

1 tbsp olive oil
4 garlic cloves, finely grated
1-2 fresh chillies, deseeded and finely chopped
600g large vine-ripened tomatoes, finely chopped
15g basil, half chopped
50g finely grated Italian-style vegetarian hard cheese

1 Heat the oven to 200C/180C fan/gas 6. Put both types of potato on a baking tray, prick all over with a fork, then bake for 50-60 mins until a knife easily slides into them. Cut all the potatoes in half to allow excess steam to escape as they cool.

2 Meanwhile, make the sauce. Heat the oil in a pan over a medium heat and fry the garlic and chillies until softened. Tip in the tomatoes, stir in half the chopped basil, then cover and leave to cook over a low heat for 20-30 mins to make a thick sauce.

3 When the baked potatoes are cool enough to handle, carefully peel and discard the skins, then mash well until smooth. Stir in the flour, then knead briefly with your hands to create a dough, adding a little extra flour if the mixture is sticky.

4 Halve the dough, then wrap one half and put in the fridge for another day. *Will keep chilled for up to three days.* Quarter the remaining dough, then roll each piece into a sausage about 28cm long and cut into even bite-sized chunks. Lightly press using the back of a fork to create ridges, if you like, then set aside, spaced apart.

5 Bring a large pan of water to the boil, then drop in the gnocchi and cook for 2-4 mins until they rise to the surface, then scoop out using a slotted spoon. Don't let them overcook or they'll fall apart. Toss with half the tomato sauce, tear in half the remaining basil, and scatter over half the cheese. *The remainder will keep chilled for up to three days. Make the rest of the gnocchi as decribed in step 4, then reheat in the sauce and serve as above with the remaining basil and cheese.*

GOOD TO KNOW **healthy • low fat • fibre • vit c • 2 of 5-a-day**
PER SERVING **507 kcals • fat 9g • saturates 3g • carbs 85g • sugars 16g • fibre 13g • protein 16g • salt 0.3g**

Veggie nuggets with summer slaw

A couple of these little nuggets made with protein-rich quinoa and peanut butter make a lovely snack as well as a filling meal. We have used gut-friendly bio yogurt in the slaw which is much healthier than using traditional mayo.

SERVES 4 **PREP** 35 mins
COOK 40 mins **EASY** V

VIT C | FIBRE | IRON

100g quinoa
2 onions (320g), very finely chopped
2 tbsp olive oil
2 x 400g cans black beans, drained
2 tsp dried oregano
3½ tbsp crunchy peanut butter
3 tbsp parsley, chopped
1 tsp vegetable bouillon powder
2 eggs, beaten

For the coleslaw
90g pot bio yogurt
1 tsp English mustard powder
1 tsp apple cider vinegar
1 carrot (150g), coarsely grated
1 red pepper, deseeded and finely chopped
1 very small onion, finely chopped
320g white cabbage, finely shredded
4 tbsp chopped coriander

1 Boil the quinoa for 20 mins following pack instructions, leave to stand for 5 mins, then drain well. Meanwhile, fry the onion in 1 tbsp oil over a medium-low heat for 5 mins with the lid on the pan, then uncover and fry for 5 mins more until soft and starting to colour. Take off the heat, stir in the black beans, oregano, peanut butter, parsley and bouillon, then mash everything together with a potato masher to crush the beans. Add the quinoa and eggs and mix well.

2 Heat the remaining 1 tbsp oil in a large non-stick frying pan then, using a measuring tablespoon, scoop rounded spoonfuls of the mixture and add to the pan, spaced apart. Cook for about 2-3 mins each side until the nuggets are browned. Cook half the mixture and save the remainder for another day. *Will keep chilled for up to three days.*

3 To make the coleslaw, put the yogurt, mustard powder and vinegar in a bowl, stir together to make a dressing, then add the vegetables and coriander and toss well. Serve half the coleslaw with two portions of the nuggets. *The remainder will keep chilled for up to three days.*

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 501 kcals • fat 19g • saturates 4g • carbs 51g • sugars 17g • fibre 19g • protein 23g • salt 0.6g



gf tip
Peanuts are nutrient-rich and provide a number of minerals including magnesium, iron and zinc.

5 healthy ideas

pasta

This kitchen staple makes a variety of simple and nutritious meals



Lazy summer pasta

SERVES 2 PREP 15 mins COOK 30 mins EASY V

Heat the oven to 220C/200C fan/gas 7. Chop **1 medium red onion** into wedges and **2 courgettes** into chunks. Put these and **3 unpeeled garlic cloves** in a large ovenproof dish. Add **3 tbsp olive oil**, season and stir. Roast for 15 mins. Stir in **250g cherry tomatoes** and roast for a further 15 mins. Meanwhile, bring a large pan of salted water to the boil and cook **140g fusilli** following pack instructions. Drain the pasta, remove the veg from the oven and peel the garlic cloves when cool enough to handle. Mash the garlic using a fork against the side of the dish and add the pasta. Toss everything together with a **handful of basil leaves**. Top with **grated parmesan or a vegetarian alternative**, if you like.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 468 kcals • fat 18g • saturates 3g • carbs 58g • sugars 12g • fibre 9g • protein 13g • salt 0.04g

Sausage & butternut squash shells

SERVES 4 PREP 15 mins COOK 35 mins EASY P

Put **1 butternut squash**, peeled and chopped, in a microwaveable bowl with a splash of water. Cover and cook on High for 10 mins. Tip into a blender. Heat **1 tbsp oil** in a pan over a medium heat, then add **2 garlic cloves**, crushed, **1 fennel bulb**, sliced, **4 spring onions**, sliced, **1 tsp chilli flakes**, **½ tsp fennel seeds** and a splash of water. Cook for 5 mins, then add to the blender. Blitz until smooth, adding water for a creamy consistency. Season to taste. Boil **300g pasta shells** in salted water for 1 min less than pack instructions. Drain. Put the pan back on the heat, add **½ tbsp olive oil**, the meat squeezed from **3 pork sausages**, **1 tsp chilli flakes** and **1 tsp fennel seeds**. Fry until crisp. Toss the pasta in the pan with the sauce, then top with the crispy sausage.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 460 kcals • fat 15g • saturates 4g • carbs 60g • sugars 6g • fibre 9g • protein 16g • salt 0.7g

Broccoli pasta salad with salmon & sunflower seeds

SERVES 2 PREP 10 mins
COOK 10 mins EASY

Boil **75g wholemeal penne** in salted water for 5 mins, then add **125g broccoli florets** and **125g green beans**, trimmed. Cook for 5 mins. Reserve 3 tbsp pasta water and drain into a bowl. Add **1 tbsp white miso paste**, **1 tsp ginger**, grated, **1 tbsp rapeseed oil**, **2 tbsp sunflower seeds** and the reserved water. Flake in **2 skinless cooked wild salmon fillets** and combine.

GOOD TO KNOW healthy • fibre • vit c • omega 3 • 1 of 5-a-day •
PER SERVING 590 kcals • fat 30g • saturates 5g • carbs 32g • sugars 4g • fibre 9g • protein 45g • salt 0.8g

Aubergine, chilli & bacon pasta

SERVES 4 PREP 10 mins
COOK 25 mins EASY P

Heat **2 tbsp olive oil** in a pan. Cook **1 aubergine**, cubed, for 8 mins. Add **6 rashers of smoked streaky bacon**, chopped, and fry until cooked. Add **2 garlic cloves**, crushed, and **1 red chilli**, chopped. Cook for 1 min. Add **2 x 400g cans of chopped tomatoes**, increase the heat and cook for 10 mins. Cook **300g fusilli** in salted boiling water, drain, then stir through the aubergine sauce.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 450 kcals • fat 15g • saturates 4g • carbs 57g • sugars 10g • fibre 8g • protein 18g • salt 1.3g

Sardine pasta with crunchy parsley crumbs

SERVES 4 PREP 10 mins
COOK 25 mins EASY

Heat **1 tsp olive oil** in a non-stick frying pan over a low-medium heat. Add **50g dried breadcrumbs** and cook, stirring, until turning golden. Add **1 tsp oil** and **3 garlic cloves**, finely chopped. Cook for a moment, then tip onto a plate and set aside. Put a pan of salted water on to boil. Return the frying pan to a medium heat and heat **1 tsp olive oil** with **2 x 120g cans of sardines**, drained, and a **rosemary sprig**, chopped. Cook for 2-3 mins, breaking the sardines with a wooden spoon. Pour in **500g passata** and **50g black olives**, sliced. Leave to simmer for 10 mins. Mix in a **small pack of flat-leaf parsley**, finely chopped, and **15g grated parmesan** into the breadcrumb mixture. Meanwhile, boil **350g linguine** in a large pan of salted water and cook following pack instructions. Drain the pasta, reserving a little of the water. Add the pasta to the tomato sauce with a splash of the water, then stir in **10g grated parmesan**. Serve topped with the breadcrumbs.

GOOD TO KNOW healthy • fibre • omega 3 • calcium • 1 of 5-a-day
PER SERVING 538 kcals • fat 17g • saturates 4g • carbs 66g • sugars 7g • fibre 6g • protein 27g • salt 1.3g

gf healthy diet plan

speedy supper

Make this veg-packed stir-fry when you need dinner fast – and if you like a hit of chilli, you can add that to the rich peanut dressing

recipe SARA BUENFELD *photograph* HAYLEY BENOIT

Healthy chicken stir-fry

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

FIBRE | 3 OF 5-A-DAY | LOW CAL

65g brown basmati rice
2 tsp rapeseed oil
15g ginger, peeled and cut into thin matchsticks
2 small red onions (160g), cut into wedges
160g broccoli, broken into florets, stem finely chopped
2 carrots (160g), halved lengthways, then cut into diagonal slices
1 red chilli, finely chopped (optional)
200g chicken breast, cut into thin strips
½ tsp ground cumin
1 tbsp crunchy peanut butter
1 tbsp wheat-free tamari
1 tbsp brown rice vinegar

1 Cook the rice following pack instructions, then drain. Heat the oil in a non-stick wok over a high heat and fry the ginger and red onions for 2 mins. Add the broccoli stem, carrots and chilli, if using, and cook for 1 min.

2 Tip in the chicken and cumin, stir-fry briefly, then add the broccoli florets and 3 tbsp water. Cover and leave to steam for 3-4 mins, or until the broccoli florets are just tender and the chicken is cooked through.

3 Meanwhile, mix the peanut butter with the tamari and vinegar. Stir the sauce into the veg and chicken, then serve over the cooked rice.

GOOD TO KNOW healthy • low cal • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 465 kcals • fat 13g • saturates 1g • carbs 47g • sugars 15g • fibre 10g • protein 35g • salt 1.3g

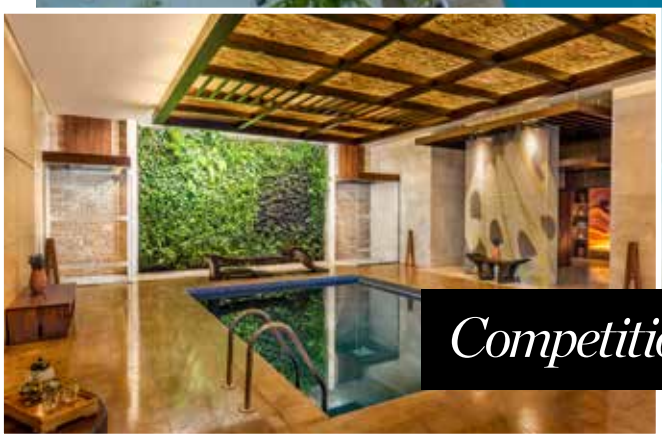


Shoot director CLOE-ROSE MANN
Food stylist KATIE MARSHALL
Stylist VICTORIA ELDRIDGE

GOURMET LIFESTYLE

4 NIGHTS ON KANDIMA

p80



Competitions, p89



4 nights on Kandima

Nicola Monteath crosses off bucket list adventures on this memorable sojourn in the Maldives



Kandima Maldives is unlike any other island resort in the archipelago. Sure, it has that castaway feeling that allures visitors for a tranquil retreat, but beyond the wellness aspect, it's a lifestyle destination. Kandima is best portrayed as a 'kool' escape coupled with adventure and rejuvenating experiences, making it apt for honeymooners, families, water sport-lovers and those who want a one-of-a-kind holiday curated to suit their needs.

Sited on the Dhaalu Atoll, surrounded by a large natural lagoon, Kandima Maldives is a scenic 45-minute seaplane journey from Malé, followed by a quick boat ride to the resort. Our dreamlike stay on the island began as we set foot on the jetty and made our way towards the long stretch of soft white sand, flanked by the pale blue lagoon and ocean. Verdant landscape heaving with palm trees and bougainvillaea line the path as you meander through the family infinity pool, cafés, restaurants, spa, art studio, boutique, and the adult pool complete with a swim-up bar.

DAY 1

Our first stop on the island was the bike rental shop to pick up our mode of transportation for the duration of our stay, followed by a stop at Aquaholics water sports and dive centre for snorkelling gear. A slight breeze greeted us as we biked south to our Aqua Villa with Swirl Pool, admiring the blue waters as we rode through the expansive jetty with overwater villas.

The contemporary chic villa designed in ocean hues, opens to the bedroom and comfortable couch, facing the private deck with swirl pool, sun loungers and a ladder with direct access to the lagoon. Tempted to explore the reef with our snorkelling gear, we opted for a hot soak instead, appreciating the serene view of the sea from the floor-to-ceiling windows by the tub.

What's great about this villa option is that it includes a complimentary stay for two children, 30-minute complimentary photo shoot, 24-hour check-in and check-out service and special benefits for honeymooners. Since we tied the knot a couple of days before the trip, we were treated to a bottle of bubbly and chocolate upon arrival. Additionally, the villa features a 40-inch LED TV, typical hotel facilities (mini bar, hair dryer and a coffee machine) and aromatic, all-natural bathroom amenities.

When the hunger pangs kick in after a swirl pool session and swim, hotfoot to Smoked restaurant, which offers a BBQ lunch comprising an extensive salad bar, grilled crustaceans, fresh fish and spiced meats with an assortment of sauces and sides. End with the cooling homemade mango ice cream.

Jaded travellers may be in dire need of a relaxing massage. The lush, open-air esKape Spa boasts soothing tones of white with lush greenery. After quenching our thirst with a refreshing ginger drink, we were taken to a sea-facing treatment room for the Healing aromatherapy massage. With a gorgeous sight and the sound of waves lapping against the shore as the backdrop, we were eased into a state of languor, as the masseuse released tension in the upper back and shoulders, with long sweeping movements. Getting deep into stiff areas that required focus, the desired medium-strong palm pressure









Azure





was on point, allowing our bodies to be restored. After an hour, we headed back to the lounge to prolong our Zen with tea, on a day bed facing the ocean.

Sundowner hour takes place at the quirky Beach Club UFO, on the waters. Book this memorable K'Experience with friends, or your significant other, and enjoy bubbles and bites as you take in the enchanting sunset. Around dinner time, take a stroll or hop on a bus (stations are plonked all around the resort with services every 10-15 minutes) for a beachside dinner at Azure, presenting a Mediterranean spread set by the ocean. Expect an intimate ambience with beach lanterns as you whet your appetite with grilled octopus and a mezze platter followed by a generous portion of delectable lobster linguini and the fresh catch of the day, local reef fish from the waters of Dhaalu Atoll. The scrumptious chocolate olive oil cake is the perfect ending to a lovely meal.

DAY 2

Kick-start your day with fresh orange, mango or guava juice, before you peruse the widespread breakfast offerings at Flavour. Catering to a varied palate, the buffet comprises the usual suspects of oats, cereal and pastries, including gluten-free options, and a cold room offering cold cuts, cheese, fresh fruit, muesli and parfait puddings. The hot counter offers Pan-Asian specials such as fish balls, dumplings, noodles and more, alongside Middle Eastern dishes such as shakshuka and foul medames. Dosa and uttapam (savoury Indian pancakes with onions) are made on the spot, to be enjoyed with curries, chutneys and sambal. Try the seafood curry with fresh coconut roshi rotis (coconut flat bread), paratha or idlis. Over at the egg station, you can get omelettes and special egg-based creations, best eaten with bacon, sausage and mushrooms. And if you're interested in trying an array of honey, head to the curated corner for honey infusions as a drizzle on granola, pancakes and waffles.

The infinity pool is located right in front of the breakfast venue, so do take along a book and sunscreen for a sunbathing session right after. If you prefer a post-meal stroll, the beach stretches to the eastern coast, where you can find a deserted island and occasionally spot pups (baby manta rays) in the shallow waters.

A more immersive sea life experience is the Turtle Quest, where guests are taken out to sea to get a glimpse of underwater life. We were mesmerized by the fish in colours of electric blue and yellow and swam far out to observe the tropical reef and unknown species







Smoked



Flavour

- whose names we learned later on the boat. Angel, banner, parrot, and butterfly fish were some we spotted, alongside a turtle in the far distance.

With a few hours left to unwind before our next experience, we rode to Beach Club for fruity concoctions at the adults-only pool. Kandima offers a curated beverage menu that's available across all F&B outlets, so if you find a Kool Kandima signature drink you like, you can have it while dining, by the pool and beachside. Our favourites were the Kiddingly (with passionfruit and bubbles), Kanny (with mango infusions) and Kooky (blended with coconut, banana and pineapple juice).

Just before sunset, we met with our fitness instructor for Hatha Yoga on the beach. The slow pace and controlled breathing and stretching movements were a stimulating experience even for a first-timer, my partner. By the end of our practice, we were thrilled to have completed a couple's activity that encouraged mindfulness.

Having skipped lunch, we were famished by dinnertime. A romantic tepee tent, on Smoked beachfront, allowed for an intimate dinner for two. Maki rolls and nigiri were served before the generous Ocean platter starring grilled lobster, charred prawns, octopus, mussels, scallops, squid and fish fillet. Each piece was juicy with the right amount of smokiness and paired well with the rice, sauces and roasted veggies.

Not ready to call it a night after dinner, we made a beeline for Breeze Bar, showcasing white walls, pops of pink in the décor, shisha and our favourite concoctions from the signature menu. Maldivian band, Kabans, liven up the mood on certain evenings – when the DJ isn't on decks – and we were lucky to catch a show as they performed old-school hits.

DAY 3

To experience another accommodation offering at Kandima Maldives over the next two nights, we relocated to the stunning Ocean Pool Villa that's semi-beach and semi-over water. Unrivalled views of the Indian Ocean meet your eye as you enter, from your private pool and a deck that's spacious enough for an al fresco gathering.

Excited for our next set of adrenaline-fueled water activities, we went parasailing and admired the picturesque bird's eye view of the resort. The feeling of being high up in the air is surreal. Don't forget to take along your GoPro, or borrow one from the Aquaholics centre.

If you're feeling peckish around lunchtime, pizza, burgers, sandwiches and grills are available across the resort. We highly recommend a visit to Azure for something more substantial, in a chic beach house setting. The Mediterranean eatery with Greek flair serves excellent grape from their cellar alongside plates of fresh Mediterranean yellowfin tuna ceviche mixed with yogurt and

chilli, and a wholesome Beef cheek stew "Giouvetsi" of succulent meat complemented by flavoursome orzo and a light saffron foam – a comforting dish I'd love to recreate at home. The airy Mille-feuille creamy custard 'Galaktompoureko' is one not to be missed.

To explore more of the lagoon, we hopped on a transparent kayak and navigated the waters around the island. Another experience that allows you to take in the vistas, is jet skiing. For the last water sport, we tried the seabob, a powerful watercraft that's controlled by four power levels. To dive deep under the surface, you lay on the seabob, apply a little pressure to accelerate the craft and press your body against it to go under with speed. This was one of our favourite sporty adventures!

The ultimate sunset experience has to be a private cruise with bubbly, where further out in the ocean, you can spot dolphins and marvel at the sight of the orange and pink-tinted sky at dusk.

Back at Smoked, this time around we had to try dishes from the custom-made parrilla grill and homemade giant smoker – what it's renowned for. An al fresco dinner under the







GETTING THERE

Kandima is in one of the farthest atolls in the Maldives and can be accessed via a seaplane. Travellers flying in from the UAE can head to the arrival zone, where a member of the Kool Airport buddies team will transport you to the domestic transfers lounge via a comfortable luxury vehicle. The lounge is a great space to unwind and offers refreshments and a selection of sandwiches and pastries. The resort transfer with Manta Air is incredibly comfortable, priced at $595 (approximately AED2,185) per person and $395 per child (between ages 2-11).

READY FOR YOUR TRIP?

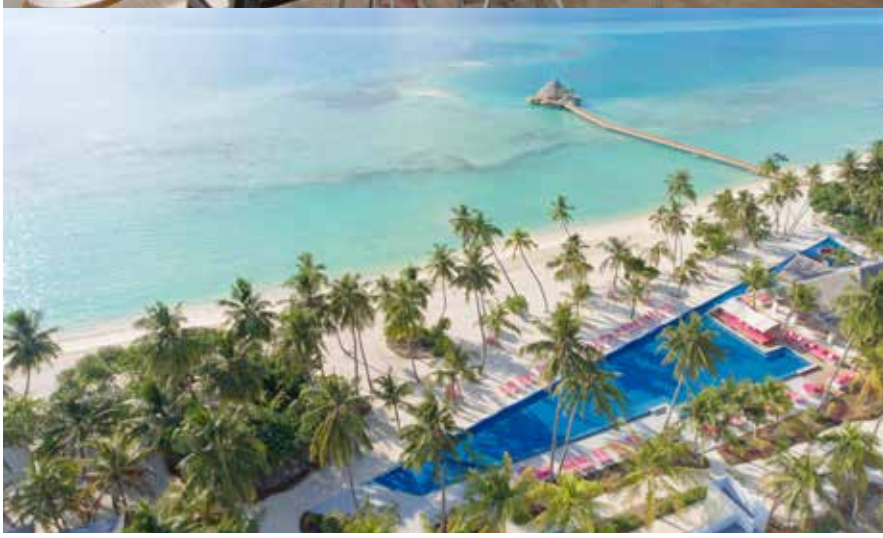
Kandima Maldives offers full board and platinum all-inclusive meal plan packages. The Aqua Villa with Swirl Pool is priced at AED1,285 per night for two adults, and the Ocean Pool Villa starts from AED1,570 per night. Visit kandima.com for more information.





Sea Dragon





stars, the meal commenced with tacos filled with grilled chicken, pico de gallo and guacamole, as well as a fresh shrimp avocado salad and nourishing bowl featuring beetroot, walnuts and feta. Mains included a perfectly grilled Iberico chop with apricot glaze and fresh local fish. You can also find premium cuts of steak, burgers and the protein of your choice.

DAY 4

What's a visit to the Maldives without the traditional floating dining experience? We were treated to a sumptuous local lunch in our villa's private pool - ideal for those who want to laze around in the comfort of their villa while savouring an authentic meal. The wicker basket, placed on a float, held bowls and plates of tuna cutlets with potato, tuna salad with spinach, tuna and pumpkin salad with coconut, chicken curry, prawn curry, a delightful Maldivian chilli paste with a pungent kick, rice, parathas and roshi roti. The float is meticulously put together and features a fruit platter and coconut-based pudding for dessert.

One of the cosiest nooks on the island to while away with a good read, is the serene deck at Aroma Café. Perched over a natural lake, this café is a must for their exquisite slow-drip coffee and bite-sized cakes, macarons and pastries. A few steps away, Kula Art Studio's resident artists guide you in unleashing your creativity. Our friendly guide demonstrated paint strokes, assisted with colour mixing, and let us take charge as we sipped on fine grape while painting. A therapeutic, bonding experience, an art class is a great way to explore other creative outlets. We were impressed with our skills and took home our art to frame. You can also purchase paintings from local artists at the Studio.

The place to dine at the night before you depart – especially if you're looking for a memorable dinner to commemorate the end of your holiday – is the opulent Sea Dragon. The refined dining setting, inspired by the ancient architectural sights of the Far East, boasts glamorous décor elements and display tanks filled with freshly caught fish, live lobster and crabs. The terrace offers a slight breeze on cool summer evenings, where you can feast on epicurean delights such as Thai chicken satay marinated with curry spices, doused in a luscious peanut sauce, papaya salad with spicy notes, pan-fried chicken Shanghai dumplings, steamed BBQ buns, wok-tossed noodles, and Panang curry gai (Chicken in a ground peanut and coconut milk gravy) served with steamed rice. The undeniable star of this meal was the lobster in a moreish Singaporean sauce with chilli and egg drop – you can choose from seven Asian styles.

THE VERDICT:

Kandima Maldives presents a multitude of activities alongside an epicurean voyage for those seeking a lively, adventure-rich escape.



DISCOVER ALILA HINU BAY THIS KHAREEF SEASON

Escape to Salalah's hidden gem, Alila Hinu Bay, to celebrate the southeastern monsoon season, known as 'Khareef', with a special summer offer

Perched alongside an infinite blue bay, with a natural private beach, is Alila Hinu Bay; a boutique beachfront resort in Mirbat that presents a Surprisingly Different' experience for an intimate weekend staycation or a family holiday. Alila, which means "surprise" in Sanskrit, features refined décor elements including a glorious marble façade with influences of Omani vernacular architecture seen in the falaj water features and arched corridor.

This summer, Alila Hinu Bay makes for the perfect sanctuary from the heat as it celebrates the southeastern monsoon season, 'Khareef', with a Book One Stay Two nights offer. A great place to explore the surrounding historical sites of the region, along the coast and the spectacular piedmont of Jabal Samhan, guests can rediscover the beauty of nature through the senses, as Dhofar celebrates its most striking season where desert springs, waterfalls and verdant blankets of flora come to life during 'Khareef'.

Just 60 minutes from Salalah International Airport, the distinguished Alila Hinu Bay offers five guest accommodation options. Comfort is key as you relax at one of the resort's spacious rooms or expansive villas, equipped with a private pool and serene outdoor bathtub. Guests can also enjoy a complimentary breakfast, special deals on Alila Spa Treatments such as the 150-minute Timeless Frankincense Signature Escape, and complimentary resort activities throughout the week, as part of the summer package.

EPICUREAN JOURNEYS

The resort boasts two signature restaurants, Seasalt, serving Southeast Asian cuisine and The Orchard, offering a menu inspired the Frankincense Route featuring dishes from Oman through the Arabian peninsula all the way to the Mediterranean, and an array of international specialities made with locally sourced ingredients.

Seasalt invites diners to a magnificent coastal dining affair, where you can unwind with the sound of waves lapping against the shore. Signature dishes at this waterfront restaurant showcase a vibrant Fish Otak-Otak marinated with lemongrass, lime, Thai red chilli peanut oil, soy sauce, coriander stem, garlic and ginger, steamed in banana leaves and served with jasmine rice; spiced Singapore chilli lobster with sambal, shallots, black bean sauce and lemongrass, garnished with aromatic herbs, served with fresh and flaky roti canai.













Filling the atmosphere with the crisp air of the Arabian sea, diners can also connect with the rich cultural heritage of the region through The Orchard Restaurant. With its proximity to the ancient port of Khor Rori - one of the ports used during olden times to transport Frankincense from the Arabian Sea, through the Red Sea, overland through Egypt continuing to the Mediterranean – The Orchard restaurant pays homage to the heritage and cultural significance through 'A Journey of Frankincense' brought to life through sustainable sourcing and storytelling. The menu takes guests on a culinary voyage with carefully crafted dishes that draw inspiration from the travels of the frankincense traders both on land and sea. Enjoy the breadth and expanse of the trade route with menu highlights from Oman, all the way to the Mediterranean.

With unlimited mystical attractions at Alila Hinu Bay, where the 'sea and mountain hug', you can embark on a harmonious expedition of land, sea and sky as you reconnect with nature while surrounded by mindful luxury. If you're looking for bespoke cultural, dining and wellness offerings during your sojourn, reach out to the hospitable Alila Leisure Concierge team for a special itinerary.

BOOK ONE STAY TWO OFFER

This summer, experience more for less. Enjoy a complimentary night for every night you book. The package includes complimentary breakfast, specials on Spa Alila treatments and complimentary resort activities based on the hotel's weekly schedule. This offer is valid until September 30.

For more information and reservations, visit www.alilahinubay.com, email Reservations.hinubay@alilahotels.com or contact +968 23373350.



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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



ONE-NIGHT STAY AT THE DOUBLETREE BY HILTON RESORT & SPA MARJAN ISLAND, WORTH AED2,300

The DoubleTree by Hilton Resort & Spa Marjan Island boasts 725 guestrooms, suites and villas exuding modern luxury, and overlooking a white sandy beach and eight plush swimming pools. Guests have the option to visit any of the 14 restaurants and bars on site; besides pampering themselves with treatments at the Spa and engaging in activities such as beach volley ball and giant chess. One lucky winner will win a one-night stay for a family of two adults and two children below 12, on a full board basis, including a Neon Sushi dinner at Sanchaya restaurant, a Sushi Making class and a 10 per cent discount at the water sports centre.



ONE-HOUR FULL BODY MASSAGE AT SOFITEL SPA WITH L'OCCITANE, INCLUDING INDOOR AND OUTDOOR POOL ACCESS, WORTH AED610

Experience sheer bliss at Sofitel SPA with L'Occitane, a haven of relaxation and rejuvenation inspired by the natural products from France's Provence region, nestled within the luxurious Sofitel Dubai The Palm. Look forward to revitalising infusions of cade wood, rosemary, fragrant lavender and nourishing almond oil, where each facial, body wrap or full body treatment pairs time-honoured remedies of Provence with traditional global therapy techniques, taking you on a holistic voyage of the senses designed to create a deep-seated sense of wellbeing. One lucky winner will receive a one-hour full body signature massage at Sofitel SPA with L'Occitane, including access to the spa's indoor and outdoor pools.



VOUCHER TO SPEND ON KOITA BARISTA LINE PRODUCTS, WORTH AED500

Your lattes are about to get a whole lot frothier with Koita Foods, the maker of premium Italian organic dairy, lactose-free dairy and plant-based milks. The brand has launched its new Plant-Based Barista line, offering improved formulas that have been designed by experienced Italian baristas. Coffee aficionados can now choose from the Organic Oat Barista, the Organic Almond Barista-friendly, the Organic Coconut Barista-friendly, the Organic Almond Coconut Barista-friendly and the Non-GMO Soy Barista. One lucky winner will win a voucher to shop Koita Barista line products of their choice.

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A VOUCHER TO DINE AT JONES THE GROCER, WORTH AED500

One lucky winner will receive a gift voucher to dine at Jones the Grocer's Al Manara setting. Jones the Grocer, which originally started in 1996 in Australia, invites families and friends to take a seat in a warm social setting and tuck into fresh gourmet dishes. Reach for delicacies from the brand's limited-edition Body & Soul menu, which showcases unique and feel-good fare including a Freekeh halloumi brekkie bowl, Kashmiri chilli dream chutney fritter & poached egg, a Wagyu bresaola charred apricot and burrata salad and Yogurt and spring honey olive oil cake.



MEAL FOR TWO AT BOAZ, WORTH AED500

Sited in the bustling City Walk, the newly launched Boaz restaurant with indoor and outdoor seating that overlooks the iconic Downtown Dubai skyline, offers irresistible flavours and the most iconic dishes from Turkey. Take your seat amidst homely interiors, where an open kitchen offers a peek into the action behind the scenes. Here, chefs bring the kitchen to life, transporting diners to the heart of Istanbul with freshly-baked boreks and juicy kebabs from an extensive menu brimming with breakfast, lunch and dinner options. One lucky winner will get the chance to experience an mouthwatering meal for two.



VOUCHER TO SPEND AT WINGSTOP, WORTH AED500

Enjoy a mouthwatering chicken wing feast from Wingstop, where you can take your pick from classic or boneless wings coated in saucy or dry rub flavours that range from mild to hot, in sweet or savoury. Choose from 10 bold flavours featuring options such as the fiery Atomic and Mango Habanero and the sweet Hickory Smoked BBQ, to the zesty Lemon Pepper and the cheesy Garlic Parmesan. Complement your hearty meal with scrumptious sides, including onion rings and Texas corn, and seasoned fries. One lucky person will receive a voucher to dine at Wingstop.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



A MONTH'S SUPPLY OF RE:NOURISH SOUPS, WORTH AED600

Re:Nourish soups, the microwaveable and fully recyclable soup brand, is available at Spinneys and Waitrose stores across the UAE. Currently offering four distinct flavours, each with a unique health function, Re:Nourish soups are packed with natural vitamins, fibre and protein. From the bestselling Re:Nourish Immunity soup teeming with nutritious veggies and antioxidants such as kale, spinach and turmeric, to the nurturing Re:Nourish Digest soup starring a peppery and sweet roasted carrot and ginger flavor, Re:Nourish soups can be had on-the-go, either hot or cold, or even combined with your favourite recipe to create a highly healthful sauce.



VOUCHER TO ENJOY THE BEST OF FRANCE'S FROZEN FOOD AT MARKS & SPENCER, WORTH AED500

Marks & Spencer, operated by Al Futtaim Group, is serving up France's favourite gourmet frozen food brand, Picard. From palate pleasing starters to hearty main courses, Picard is thought to be one of the best when it comes to quality and taste, offering convenient dishes for busy families. Start the morning right with whole milk pancakes, dig into a savoury veggie lasagna for lunch or dinner, and end the day with a decadent ice-cream dessert, alongside a flavourful chocolate fondant. One lucky winner will receive a voucher to shop Picard products at Marks & Spencer.to experience an mouthwatering meal for two.



A THREE-DAY MEAL PLAN FROM HONEST BADGER, WORTH OVER AED500

Look no further than Honest Badger for nourishing and fresh food that not only tastes good, but makes you feel great. Offering plans that are completely flexible to suit your lifestyle, with options starting from one day through to a monthly plan, Honest Badger meals are dairy, gluten and sugar-free. They contain a variety of vegetables and whole grains, whilst being nutritionally balanced and calorie controlled. Honest Badger also offers both vegan and lean meat meal plans to suit different lifestyles. A lucky winner will receive three-days of full meal plans from Honest Badger.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

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